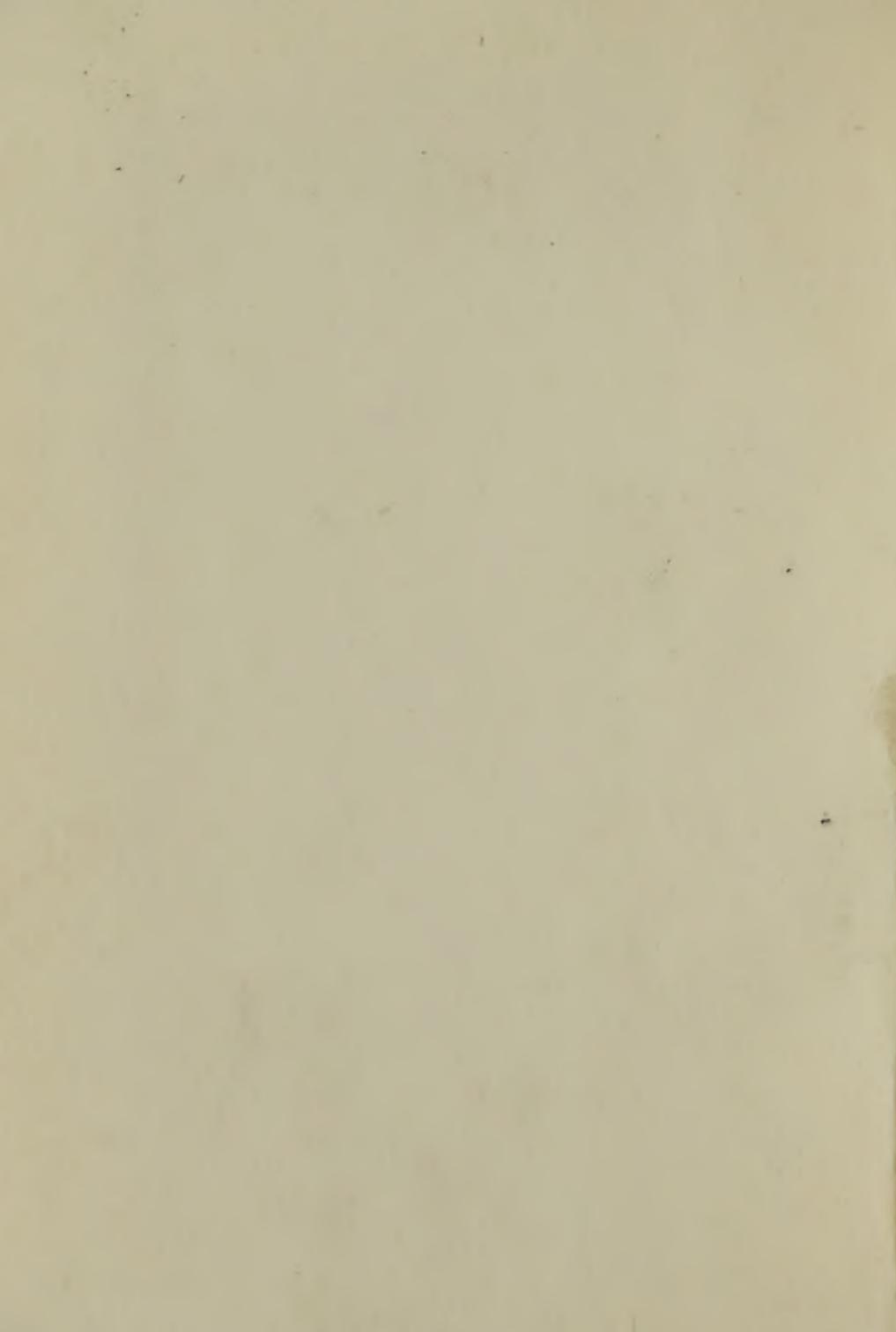


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THE
STEPPING-STONE
TO
HOMŒOPATHY
AND
HEALTH.

SEVENTH EDITION,
60TH THOUSAND, MUCH IMPROVED AND ENLARGED

BY

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PREFACE TO THE SEVENTH EDITION.

Seventh Edition. IN issuing the Seventh Edition of this manual, completing sixty thousand copies, the author has again endeavoured to express his gratification in the wide appreciation of his humble efforts to extend Homœopathy, by embodying some of the results of his enlarged experience during the twelve years that have elapsed since the first edition of this book was published, maintaining it on a level with the progressive character of Homœopathy and medical science in general, and presenting a longer list of complaints, with ampler treatment, than is included in any similar work with which he is acquainted. The present edition has been re-arranged and revised throughout, and, besides fresh matter of a practical character inserted in many parts, the list of remedies in the *Materia Medica* has been considerably extended, and now contains brief summaries of forty of our most valuable remedies. Selections from the *new American remedies* are embodied in the list, and are repeatedly prescribed in the manual.

Domestic Homœopathy. The profession of medicine cannot in this age of progress be treated as a mystery. The aim of the enlightened physician is to make its principles as extensively known as possible, conscious that thereby the greatest amount of good will accrue both to the profession and the public. Still the objection is often urged that domestic homœopathy trenches on the legitimate sphere of the profession, and is dangerous in its tendency. Neither objection is valid. Drugs are employed in nearly every household—*antibilious pills, Epsom salts, rhubarb, sulphur, magnesia, quinine, etc.* We are not, therefore, responsible as *originators* of domestic treatment; we have rather sought to *reform* it, by substituting remedies and measures, the virtue of which is that they are not only more harmless, but very much more efficacious than those ordinarily adopted. Departures from health, of a simple and uncomplicated nature, may often be arrested at their outset by carrying out the instructions contained in the following pages, but which, neglected till the symptoms assume forms which seem to justify the consultation of a medical man, may become converted into serious and even fatal diseases.

Justification. A fact which specially justifies the composition of this manual is the necessity of meeting, as far as possible, the requirements of persons

residing in localities where professional homœopathic treatment is inaccessible. An extensive correspondence with persons in various and remote parts of the country convinces the Author of the importance of making some provision for patients so circumstanced; at least, till professional men generally have been led to the study and practice of the discoveries of the illustrious Hahnemann.

Advantages of Professional Treatment. While making these statements, it is our duty to recommend that in *every serious or doubtful case*, or when the treatment herein prescribed is insufficient to effect *improvement* in a reasonable time, a homœopathic practitioner should be consulted. The vast and ever-accumulating resources at the disposal of a professional homœopath place him on high vantage ground compared with a domestic practitioner.

Progress and Opposition. In this age of scientific progress it is gratifying to observe that medicine, instead of being in the rear, is advancing to the front ranks, and that Homœopathy is in the vanguard of medical advancement. This is proved by its rapid spread, and by its powerful, though indirect, influence on medical and surgical practice generally, causing them to do homage to the instincts of humanity, and banishing every measure or drug that is harsh and destructive. Hostile resistance to Homœopathy comes

exclusively from persons *ignorant* of its principles, or *inexperienced* in its actual results. The great majority of medical men, if not all out of the ranks of Homœopathy, are completely in the dark as to its theory and practice, and are consequently incompetent to give a reliable opinion on the subject ; just as the driver of a *stage-coach*, or the commander of a *sailing-vessel*, lacks the knowledge and experience to pronounce on the merits of *railways* or *steamers*, although all alike are for the transit of passengers and merchandise. With a confidence, therefore, which a knowledge of, and experience in, both the old and new modes of treatment, can alone impart, the Author recommends a trial of Homœopathy.

Correspondents. Since the publication of the six former editions of this manual, the writer has received numerous letters from correspondents who have been won over to Homœopathy by its instrumentality, and are carrying out its various prescriptions with striking success. He has been much cheered by such unsolicited statements, and takes this opportunity of offering his acknowledgments for the kindness which dictated the communications referred to. At the same time, he would suggest that, to meet the ignorance and prejudice which still oppose the spread of Homœopathy, the friends of the system will kindly seek to enlarge its usefulness by promoting in various

ways the circulation of this book among all classes of the community.

Importance of Health. The design of this manual is to point out some of the means by which much human suffering may be prevented, bodily functions preserved unimpaired, and life prolonged to the full period of man's existence. The importance of the subject will be obvious when it is considered how inconsistent physical incapacity and suffering are with moral well-being. When the habits and circumstances of man are inimical to good health, he sinks in all the capacities of his nature. The application, therefore, of means for guarding or restoring the health of the body, provides for the exercise of the intellectual and moral powers in their highest state of perfection. There *may* be moral benefits and opportunities consequent on weakness and disease; but who can doubt that those attendant on health and vigour are far greater? Impaired health is a moral as well as a physical disadvantage. Reason asserts this, and experience confirms it. Who has not learned that an important way of 'keeping the body in subjection,' is to keep it free from the uneasy sensations and disabilities that accompany ill health? If this be so, it places the highest value upon the perfection of our bodily organs, and stamps that profession, whose duty it is to promote 'the glory of the Creator and

the relief of man's estate,' as one of the very highest that can be exercised by man. From such a stand-point, we see in every disease cured the removal of a blot which marred the image of God's noblest work, and new power given to brighten and lengthen man's earthly life. Thus, alleviating human suffering, and so allowing the fullest exercise of man's higher nature, we are permitted to be humble followers of HIM who 'healed all manner of diseases,' and whose wonderful and beneficent life has been embodied in the simple phrase, 'He went about doing good.'

E. H. RUDDOCK.

2, *Finsbury Circus, London, E.C.,*
and 12, Victoria Square, Reading,
April, 1870.

HINTS TO THE READER.

I. The novice in Homœopathy should first make himself familiar with the introductory chapters.

II. When the work is consulted for the treatment of any particular disease, the *whole section* devoted to it should be read before deciding on the course to be taken ; and if difficulty be experienced in choosing between different medicines, the *Materia Medica* should be referred to, and an endeavour made to grasp the essential features peculiar to each remedy.

III. Persons desirous of being able to act wisely and promptly in any emergency, for the prevention or removal of suffering, should read this manual through. The body of the work, Part II., is devoted to diseases and their treatment ; Part III., to *Materia Medica*. *Both* should be studied carefully.

IV. The utility of the work may be greatly increased by having it *interleaved* for recording the results of cases treated, and general observations (see back of title). Whoever adopts this hint will accumulate a valuable store of information, the retrospect of which will be interesting and encouraging.

V. Readers desirous of a more ample work are respectfully referred to *The Vade Mecum of Modern Medicine and Surgery*. An attentive study of that

work will give a tolerably broad knowledge of general disease, and a measure of skill in the use of many valuable remedial agents. The *Vade Mecum* will thus form an useful, if not an indispensable, companion to *The Stepping-Stone*.

VI. When medical terms are used, they are either explained in the text, or the meaning is appended to the words which seem to require explanation as they occur in the index at the end of the manual. This index is very copious, and every point of importance may be found by it. Reference is further made easy by division of the work into Parts, Chapters, and Sections, and by a table of contents at the commencement.

VII. Except in the cheap (1s.) edition of this manual, a Clinical Directory is inserted, which, it is hoped, will be found of great use to those who have attentively studied disease and *materia medica*. It contains prescriptions for about five hundred diseases and symptoms, many of which, and the remedies prescribed, are not referred to in the body of the work. The Clinical Directory has been carefully arranged, and its suggestions of remedies are the result of much experience.

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THE
STEPPING-STONE
TO
HOMŒOPATHY AND HEALTH.

PART I.

CHAPTER I.

Homœopathy.

Introductory. This manual is issued as a 'Stepping-Stone' to the practice of Homœopathy; a few remarks, therefore, explanatory of this system of medicine, may appropriately precede its more practical teachings.

Life is the noblest gift of God, and health one of its greatest accompanying blessings. To preserve health in its integrity to the allotted period of human life, and to recover it when lost, are the objects contemplated in the publication of this volume. The reader is requested to pause a few minutes before entering on its practical details, in

order briefly to consider some of the more prominent features, and a few of the advantages that would arise from the more general and extended adoption, of Homœopathy.

Early History. Homœopathy is a system of medicine for the cure of all curable diseases, first discovered and adopted eighty years ago (A.D. 1790), by that great physician, HAHNEMANN. We do not, however, claim for that distinguished man the *invention* of Homœopathy; he only removed the obscurity which had hitherto shrouded the subject of medicine, and unfolded to mankind a great law of nature, just as Newton *discoverered* the principle of gravitation. Glimmerings of this science had been caught, many centuries before, by Hippocrates and others, but the illustrious Hahnemann was the first fully to grasp the principle, and to enunciate it as *the* law of healing, and therefore of universal applicability. At first, its professors were few, and consisted of the immediate friends and disciples of Hahnemann; but ever since, they have been steadily multiplying, so that now medical men, of great intelligence and high moral principle, are to be found practising

Homœopathy in every civilized portion of the globe. There are about three hundred avowed legally qualified practitioners in Great Britain; but if those who approve the system, and practise it in part or in secret, were added, the number would be far more than doubled.

Status of Professional Homœopaths. It is often represented that Homœopathic medical men occupy a position inferior to those of the old school. *The Medical Register*, issued under the direction of, and in accordance with an Act of Parliament, may be appealed to, to prove that the Homœopathic practitioners of Great Britain hold the same degrees and diplomas, have the same legal rank, and have passed through the same course of study, under Allopathic professors, as their brethren of the old school. In some portions of the Continent, and in America, Homœopathy is practised co-extensively with Allopathy. More-

Indirect Influence. over, there are many who practise Homœopathically, but have not the courage to avow it; and many others, impelled by the influence which this system is everywhere exerting, are greatly modifying their practice.

Even the *Lancet* now opens its pages to the teaching of Homœopathy. In a paper published in that journal of December 4th, 1869, an Allopathic medical man describes the successful treatment of nausea, retching, and vomiting, by a drop of *Ipecacuanha* wine in a tea-spoonful of water, repeated at first every hour, and afterwards every four hours. The writer states that he was induced by the recommendation of a medical friend (no doubt a Homœopath) to test this treatment, that he did it with the greatest scepticism, and with the fullest expectation of finding these small doses useless. Repeated successes compelled him to believe in the efficacy of the treatment, after the failure of lengthened trials of the usual Allopathic armament. Indeed, *Aconite*, and various other of our well-known remedies, are frequently prescribed; and cases successfully treated by them are quoted in the Allopathic journals. The use of single remedies, in drop-, or even smaller, doses by medical men of the old school, satisfactorily proves the growing influence of Homœopathy: and especially when, as we have seen, the remedies so used are prescribed for diseases to

which they are Homœopathic. The good thus effected by the discovery of Hahnemann is immeasurable. Not only medical men, but tens of thousands of intelligent persons, in every civilized portion of the globe, confide in Homœopathy as the best and most natural system of cure.

Homœopathy It is true, the statement is often **going down?** made by its opponents, that the new system is on the decline. 'Homœopathy is going down,' remarked a medical man of the Allopathic school, recently. It *is* going down. Not, however, in the sense he wished. It is sinking deep into the understandings and hearts of the people. Almost everywhere the people are directing their attention to the subject. They try it, and in the hour of sickness confide in it; and if not conversant with the scientific proofs of Homœopathy, they recognise in it a power to heal superior to that they have ever experienced under the old plan of treatment.

Homœopathy It is deserving of remark, that in **appeals to the discovery of Homœopathy,** **Facts.** Hahnemann did not first conceive a *theory*, and afterwards seek for facts with which

to uphold it. No! At the very starting point, and at each successive step, he relied solely upon *facts*. What he learned was from *facts*, based upon carefully conducted experiments. His assertions were grounded upon *facts*, the result of patiently and oft-repeated investigations. For several years he kept his discovery to himself; at the same time he was arranging and accumulating evidence founded upon *facts*, which were diligently collected and closely scrutinised. Homœopathy is still upheld by *facts*. It is because it has stood the trial of *experience* that is has been preserved to the present time, and will be transmitted to the latest generations.

Small Homœopathy does not mean a *small dose*, **Doses.** as it is often supposed to do. The grand principle—that which forms the basis of the science—is, *like curing like*, irrespective of the quantity of the dose. Hahnemann, after he had discovered the science, employed doses of the usual quantity. Experience and further investigation, however, taught him that smaller doses were not only sufficient and more safe, but that when frequently administered were more efficient

than large ones. This is the testimony of all subsequent medical men who have fairly tested the point. The *assertions* of others who have not so tested it cannot claim confidence.

Apart from this, it is a matter of perfect indifference to Hahnemann or his followers whether they administer medicine in large or small doses. If they found large doses more efficient in curing diseases than small ones, they would assuredly administer the former rather than the latter. We may suggest two reasons why small doses, administered in harmony with the Homœopathic law, are efficient:—First, because they are exactly suited to the *exalted susceptibility of the diseased part*, and act upon the same class of functions that nature has already called to her aid; and, secondly, because they act *directly on the part* which requires to be influenced, and not on other parts. Their force is not, therefore, expended on healthy parts.

Homœopathy The results obtained by Homœopathic practitioners with small doses opposed to **Experience?** have been said to be opposed to all experience. But the truth is that, prior to the

researches of Hahnemann and his followers, we had no experience whatever in the matter. It is, consequently, just as absurd for medical men to deny that Homœopathic remedies can effect the cure of disease because such cures are contrary to *their* experience, who have never tried them, as for a certain King of Siam to have treated as false the statement that in some countries, and in some seasons, water, under the influence of frost, becomes changed from a fluid to a solid, permitting persons to walk upon it, because in his country no such phenomenon had ever been witnessed ! Siamese philosophers are not yet extinct.

Faith not Homœopathy. That Homœopathy is not mere faith or imagination, is proved by its curing the diseases of infants and of patients in delirium, as well as of the inferior animals. The writer is personally acquainted with many intelligent farmers who employ none other than Homœopathic medicines in the treatment of their sick animals. It must be admitted that the farmers of this country are generally shrewd and calculating men, not easily deceived in matters affecting their interests ; and as great numbers of them declare

that Homœopathy cures diseases that were incurable by the old method, that it cures more quickly, at a less cost, and without damage to the constitutional powers of animals, we have the best evidence that the success of Homœopathy is not the result of mere faith, but of valuable medicines, properly administered.*

The success of Homœopathy is anything but the result of faith in those who practise it. Persons are generally slow to believe in it, and seldom have recourse to it, *at first*, without doubts and misgivings. Yet benefit is derived, in spite of their unbelief. Faith in Homœopathy comes and grows only as their cure progresses and is complete. The very improbability of a dose so small and so

* In a pamphlet recently published by Mr. Lord, he gives the results of five years' trial of Homœopathy, not on the horses of private persons, but on those of the Cavalry Depôt at Canterbury, and at Her Majesty's Riding Establishment. Here Mr. Lord had full opportunities of trying our system before the open eyes of the military authorities, with their consent, and at the government expense. Veterinary Homœopathy is officially recognised in the British army, and this circumstance is due, in great measure, to the efforts of Mr. Lord and his *success* in treatment.

unlike what had been formerly given, acts, so far as the imagination has any influence upon the cure, unfavourably, instead of the reverse.

Diet not Homœopathy. Neither does Homœopathy consist in *dietary measures*, as often stated. All the interference of the Homœopathic doctor in this particular only amounts to the discouragement of the use of such articles as are needless or injurious, and just such as any accomplished and faithful physician would prohibit.

Medicines in Health. A story is often told of a child swallowing the contents of a tube of globules, which created great alarm but took 'no effect.' Supposing the circumstance to have occurred, it does not at all affect the truth of Homœopathy. Homœopathic medicines, in the form they are usually administered, are prepared with the view of acting *in disease*, when the parts are far more sensitive than in a state of health, and much more easily affected. A healthy constitution has no susceptibility for attenuated drugs; to ensure their action in health they must be administered in a low or crude form, so as to produce unnatural effects—in short, a kind of poisoning.

Illustrations. A ray of light falling upon a

—Light. diseased eye will cause pain, or even become intolerable, although in health the same eye is unaffected by the broad light of day. The susceptibility of the eye is heightened by disease. Millions of rays of light afforded pleasure in health: *now, one ray gives pain.* Just so in reference to the tube of globules, *that which will produce no disturbance in health will, in disease, with heightened sensibility, act powerfully.*

Seed. We borrow another illustration. Small doses may be taken without producing effects, just as seed may be sown without yielding fruit. It were as reasonable to expect a plentiful harvest from seeds scattered on the sea shore, or on a beaten path, as to expect 'effects' from infinitesimal doses when the natural accessories are wanting. As seed will not grow unless the soil is congenial and prepared, so small doses will not act if the symptoms calling for their action are absent. The

The disease must have the same attraction

Magnet. for the medicine that *the magnet has for iron.* You could not tell by touching the loadstone with a piece of copper that it had any power of

attraction ; neither could you tell by taking an attenuation of *Aconitum* in a state of health, that it had any power. But try the magnet with a piece of iron, and *Aconitum* with a *quick pulse*, and then their energy will be demonstrated.

When it is said the globules took 'no effect', the meaning is, the effects which follow Allopathic doses, *viz.*, vomiting, purging, extreme pain, etc. And here we have an illustration of the safety of Homœopathic remedies, and how favourably they contrast with the strong drugs and severe measures often employed under the old system of treatment. Well, indeed, would it have been for thousands of Allopathic patients if bleeding, blisters, purgatives, mercury, etc., had also taken 'no effect.'

CHAPTER II.

Advantages of Homœopathy.

We have only space to refer to a few of the advantages arising from the adoption of Homœopathic treatment.

Economy. Economy is secured, chiefly from the shortened duration of diseases. Bleeding, blistering, purging, and other debilitating measures are discarded, so that, the disease being cured, the patient soon regains his strength, because it has not been expended by exhausting treatment. Tedious convalescence and permanently shattered health too often follow Allopathic drugging. Patients often suppose they have not fully 'got over' the disease, when in reality they only suffer from the effects of drugs. To the industrial portions of the community, who live by their labour, an early return to health is of great importance; and it is a fact of too common occurrence, that much inconvenience and want often result from the injudicious and protracted measures of the old system.

Homœopathic Success. In respect to successful treatment, Homœopathy is immensely superior to Allopathy. Patients who have been under both systems are best able to judge of their comparative merits, and such always give the palm to Homœopathy.

Is the Public a competent judge? It may be said, the public is incompetent to judge of such a matter; but it is not so; and although it might for a time be deceived, the deception could not last long. In matters affecting its personal interest, the public is remarkably shrewd, and seldom fails to arrive at a sound conclusion. Not only the general public but also physicians the most highly educated in the profession, after due investigation and experiment, have renounced the old for the new system of practice; while some of the most profound scholars and greatest nobles in the land are Homœopaths. The clergy and ministers of all denominations are rapidly embracing the system. That distinguished sect, so often foremost in the field of philanthropy, the Friends, is almost entirely Homœopathic. So, we venture to affirm, will all be who have the moral courage to enquire, investigate, and think for themselves.

Homœopathy and Cholera. The superiority of Homœopathic treatment applies both to acute and chronic diseases. When cholera prevailed in this country, *two out of every three patients were lost* by the old system; on the other

hand, Homœopathy *saved two out of every three*. We cite the testimony of Dr. Macloughlin, a medical inspector appointed by the Board of Health, to investigate cases of cholera, and who was always strongly opposed to Homœopathy. He thus writes to one of the surgeons of the London Homœopathic Hospital :*

“I need not tell you that I have taken some pains to make myself acquainted with the rise, progress, and medical treatment of cholera; and that I claim for myself some right to be able to recognize the disease, and to know something of what the treatment ought to be; and, that there may be therefore no misapprehension about the cases I saw in your hospital, I will add, that all I saw were true cases of cholera, in the various stages of the disease; and that I saw several cases which did well under your treatment, which I have no hesitation in saying would have sunk under any other.

“In conclusion, I must repeat to you what I have already told you, and what I have told every one with whom I have conversed, that, although an Allopath by principle, education, and practice, yet, were it the will of Providence to afflict me with cholera, and to deprive me of the power of prescribing for myself, I would rather be in the hands of a Homœopathic than an Allopathic adviser.”

* British Journal of Homœopathy, vol. 13, page 681.

Constipation. Take, as a further illustration of its success, *Constipation of the bowels*. Allopathy cannot *cure* this complaint. It can only give aperients or purgatives; and these, so far from removing the evil, in the long run generally aggravate it; whereas, by a little perseverance in the use of her remedies, Homœopathy cures it.

Statistics. We confidently refer, in proof of the success of Homœopathic treatment, to the statistics of the various hospitals and dispensaries conducted on Homœopathic principles in this country, on the Continent, and in America. We have not space here to record even a selection from that accumulated evidence which has now become so voluminous. Numerous volumes of Homœopathic clinical information, and the reports of the results of the practice of our hospitals and dispensaries, are open to the inspection of all; for Homœopathy, differing in this respect from every system of quackery, courts investigation. Nothing is considered so inimical to its interests as concealment. Facts so bear out its inherent truth as to carry with them their own irresistible credentials, and these we are confident will eventually remove

every impediment to its general study and universal practice.

Gentle Measures. Contrast the chamber of the Allopathic, with that of the Homœopathic, patient. In the former, there is the bleeding-basin, the repulsive leech, the blister and its accompaniments—sores, salves, and dressings—the emetic and its disagreeable results, purgatives, and their disgusting and hurtful consequences. Think of these invading the last and most sacred hours of life, and being often inflicted on helpless infants and terrified children, as not merely unnecessary, but pernicious beyond calculation; often destroying, by such harsh appliances, the very life intended to be saved. Turn now to the chamber of the Homœopathic patient. He is very ill, but the law of self-preservation is respected, and the ‘life’s blood is spared.’ No leeches or blisters are used; the linen is clean, and the air is sweet; for there has been no emetic, or purgative, or salivation. Perhaps the only article indicative of sickness is a glass or bottle of medicine, inoffensive alike to both taste and smell, but potent to mitigate the sufferings of the patient, and restore him to health.

Jerrold's '*Why torture a dying creature, doctor, on the death-bed. tor?*' were the words and remonstrance of Douglas Jerrold to his medical attendant within a few hours of his death. The doctor insisted on administering medicine and cupping, notwithstanding extreme exhaustion. His son and biographer, Blanchard Jerrold, says, "We waved the fans about him, giving him air, and still, at intervals, he talked faintly, but most collectedly. The dawn grew into a most lovely summer morning. At ten o'clock the patient was cupped. He could hardly move in bed, and again said, "Why torture a dying creature, doctor?" But the cupping took no effect.' This is a sad picture. Thank God, Homœopathy is putting an end to such inhuman means, by substituting natural and gentle appliances, such as shall conserve the life-powers, and diminish, not aggravate, existing sufferings.

The Single Remedy. Another manifest advantage is the giving of only one remedy at a time, thus ascertaining the pure action of each separate drug, and avoiding the confusion resulting from mixing different substances in one prescrip-

tion. Every remedy has an action peculiar to itself; and it cannot but happen, when several drugs are introduced into the system at the same time, that they interfere with each other. If, under such circumstances, good is effected, it is often impossible to determine which one, or how many out of the number, have contributed to the result. Or, if no good follows, and it be necessary to alter the prescription, then it must be also impossible to know what change to make, what portions to omit, what new ones to add. Dr. Paris, a distinguished Allopathic physician, says he was once told by a practitioner in the country, that the quantity and complexity of the medicines which he gave his patients were always increased in the ratio with the obscurity of their cases. 'If,' said he, 'I fire a profusion of shot, it is very extraordinary if some do not hit the mark.' A patient in the hands of such a practitioner, says Dr. Paris, has not a much better chance than a Chinese Mandarin, who, upon being attacked with any disease, calls in twelve or more physicians, and swallows in one mixture all the potions which each separately prescribes. In Homœopathy we

only give one medicine at a time ; its action upon the system is then simple and undisturbed ; and we are no longer in doubt as to what is doing good.

Homœopathic Medicines An important advantage are Specific. in our medicines is, that they only act on diseased parts. Thus, in affections of the brain, the bowels are not operated on by purgatives ; or the liver, mouth, and bones by mercury ; or the skin by blisters ; but such substances are administered as have been proved to operate *directly on the brain itself*. So in diseases of the chest ; the bowels, liver, and skin, are undisturbed, and that part only acted upon in which disease exists. This is a great advantage. Under such treatment disease cannot be produced in healthy parts, and the disappearance of the primary disease is a sign that it is absolutely cured.

Homœopathy and Children. Our medicines are not disagreeable. This is an advantage which every mother who knows that her children have a *natural* and *proper* disgust of old physic,* can

* 'Many a medicine given to children is so horrible that a medical practitioner ought to be present to count the pulse, and

appreciate. Adults swallow nauseous draughts and pills in the *hope* of deriving benefit therefrom ; in the case of children, however, the prospect of benefit is often far more than counterbalanced by the horror and disgust which the abominable compound excites. And, further, the diseases of children are influenced most strikingly and favourably by Homœopathic medicines ; and every practitioner has often received the warmest thanks of parents from whose children most alarming diseases have been removed as by a charm.

Experimental Practice. We do not try experiments with our drugs on the sick. The practice of trying the effects of drugs on persons suffering from disease is *cruel and dangerous* : cruel, because it torments the patient already suffering from disease ; and dangerous, because it often undermines the constitution, and interposes obstacles to that natural tendency to recovery which Infinite Goodness has interwoven with life. Homœopathic drugs, on the contrary, are always tried on medical men and their friends when in to watch the countenance during its administration, just as is properly the case at a military flogging.'

health, in repeated and sufficiently-large doses to ascertain their properties, before administering the smaller and attenuated doses of such medicines to the suffering.

Preventive Homœopathy is *preventive* as well as **Medicine**. curative. Its medicines have the power of preventing, or arresting at the very outset, many diseases, such as colds, influenza, various fevers, cholera, etc. In the practical portions of this work, it will be found that we have suggested preventive as well as curative measures.

Future of Homœopathy. It may be asked, 'Will Homœopathy ever become universal?' We reply, most great discoveries and improvements have been obstinately opposed at first, but, having truth for their basis, have triumphed in the end. So Homœopathy, in spite of the bitterest and most unprincipled opposition which it has received from the very commencement, has continued to spread in an ever-increasing ratio, so that now, wherever the sun shines, and the light of European civilization has penetrated, and suffering humanity is found, Homœopathy is acknowledged and embraced as one of the greatest and

most humane of modern discoveries. We have an impressive illustration in the case of Hahnemann, the first expounder of Homœopathy, who was cruelly persecuted, and finally driven an exile from his native Saxony. Yet now, the very city of Leipsic from which he was banished, is adorned by a monumental statue, in bronze, of that immortal physician! If Homœopathy, then, could not, in its early infancy, be destroyed, there is little to fear for it now that it has grown to the proportions of a giant. Nearly all its present adherents have been converted from the old system, through *experiencing or witnessing* the superior advantages of the new, in the face of those deeply-rooted prejudices which it is difficult entirely to discard. Thousands of families are now being reared under Homœopathic influences, who have never espoused, and probably never will, any other system. The tendencies of such will be in the right direction, and they will become its consistent and unwavering advocates. Judging, then, of the future by the light of the past, and believing the saying, “*Magna est veritas, et prevalebit,*” we are led to the inevitable conclusion that

Homœopathy, founded as it is upon truth, upon an immutable natural law, will ultimately become the exclusive and universal mode of curing all disease, which are curable by drugs.

CHAPTER III.

Observations on Health (*Hygiene*).

General Hints. All persons should, if possible, take moderate daily exercise in the open air, or if the weather is unsuitable, in well lighted and properly ventilated rooms. Undue indulgence in any passion, all excessive emotions—grief, care, anger, etc.—must be guarded against. The active requirements of business, as well as all its cares and anxieties, should be strictly confined to ten or twelve hours each day, and the remaining portion of the twenty-four hours appropriated to rest, recreation, and the general improvement of the mind and body. The regular habit should be formed of going to bed early, and rising early. Even children, who generally wake early, should never be compelled to lie in bed, as nature seems

to have intended every one to rise early. A passing remark on these topics is all our limited space permits, except on two or three points, to which additional paragraphs are appropriated.

Diet. The grand rule to be observed is, that persons should partake of easily digestible and nourishing food, sufficient to satisfy hunger; and of such drinks only as nature requires to allay thirst.

Meat, prepared for the table so as to retain all its gravy, and vegetables, varied from time to time, and properly cooked, for dinner. Bread, with butter or fruit, and cocoa or tea, with milk and sugar, for the morning and evening meal. *Cheese* may be eaten if it agree, and the digestive organs are healthy; but it should not be taken late in the day, as it requires many hours to digest. Nearly all that it seems necessary to state further in this place is—the diet should be regulated by the person's own observations, intelligently made, as to what kinds of food and drink best agree with him; meals should be eaten slowly, in a cheerful spirit, and taken at regular intervals—usually not more than three in the day;

and no severe exercise—mental or physical—should be practised immediately after a meal. A “Plan of General Dietary,” with many useful hints, is given in the author’s *Vade Mecum*.

Water. Water is the natural drink of man, and may always be taken in moderation when thirst is present. It performs important purposes in the animal economy, and is absolutely indispensable for life and health. Water enters largely into combination with all our food, and acts as a solvent of everything we take. It also acts as a vehicle to convey the more dense and less fluid substances from the digestive tract to their destination in the body. It gives fluidity to the blood, holding in suspension, or solution, the red globules, albumen, fibrine, and other constituents which enter into the different structures of the body, the whole of which are formed from the blood. Not only the soft parts of the body, but even the very bones, or the materials of which they are composed, have at one time flowed in the current of the blood. To prove how essential water is for the development and maintenance of the animal body, we may state that a calculation has been made which shows that

a human body weighing 154 lbs. contains 111 lbs. of water. Such a fact should suggest the necessity for obtaining water pure, and taking it unpolluted by animal and mineral ingredients. Water may be obtained tolerably pure in rain or snow collected in suitable vessels in the open country, away from crowded dwellings and manufactories. Spring, river, sea, surface, well, and mineral water, all contain various substances dissolved in them, which render them, without distillation or filtration,* unsuitable for drinking, or even for the preparation of articles of diet. The purest water is obtained from deep wells, bored through the earth and clay down to the chalk (*Artesian Wells*). For cooking purposes and even bathing, the purest water that can be obtained is the best.

* The Silicated Carbon Filters are the best we are acquainted with for the important purpose recommended in the text. Water passing through them is divested of any injurious substance, and may be said to be rendered absolutely pure. The Silicated Carbon Filter Company, Battersea, S.W., manufacture these articles of various sizes and at different prices, combining the greatest efficiency with the highest forms of beauty. From personal use, we cordially recommend one of these filters to be kept in every house.

One important object contemplated by the writer of this work is, the removal of a foolish prejudice, which unhappily exists in the minds of many, against pure water, an element which God has provided for His creatures with the most lavish abundance; and of promoting, both for internal and external purposes, a more regular use of this invaluable boon and blessing. Pure water has justly been regarded as an emblem of innocence, truth, and beauty. In a community in which this element shall be used as the chief beverage, and more abundantly for purposes of purification, we may hope to find in the morals of the people reflections of virtue of which water is so vivid a type. And, in a sense which more immediately bears on the subject of this manual, suffering will be more easily controlled by our remedies, and the development of those latent tendencies to disease most effectually prevented, which the habits and fashions of the present age seem to favour.

Fresh Air.* A proper supply of pure fresh air is essential for the preservation of life and health.

* For much useful information on Ventilation, see the January number of *The Homœopathic World*, 1866.

Although life may not suddenly be destroyed by breathing an impure atmosphere, still the vital energies are slowly but surely impaired ; especially those of growing children and persons suffering from disease.

Bed-rooms, in which about one-third of human life is passed, are generally too small, and badly ventilated. The doors, windows, and even chimneys are often closed, and every aperture carefully guarded to exclude fresh air. The consequence is, that long before morning dawns the atmosphere of the whole apartment becomes highly noxious from the consumption of its oxygen, the formation of carbonic acid, and the exhalations from the lungs and skin. In an atmosphere thus loaded with effluvia, the sleep is heavy and unrefreshing, partaking more of the character of insensibility. Due provision for the uninterrupted admission of fresh air, and the free escape of impure air, secures lighter, shorter, and more invigorating sleep. *An airy, well ventilated sleeping apartment should be regarded as one of the most important requirements of life, both in health and sickness.* With few exceptions the door and window of the

bed-room may be left open, except in foggy weather, with perfect safety. A current of air may be prevented from playing on the face of the occupant, by placing the bed in a proper situation, or by suspending a single curtain from the ceiling.

Light. The importance of sun-light for physical development and preservation is much undervalued. Women and children, as well as men, in order to be healthy and well-developed, should spend a large portion of each day where the solar rays can reach them directly. In very hot weather, during the excessive heat of the day, a shady tree or grove, or even an airy house, may be sought; but dark parlours and rooms should be shunned, for the cold 'damp of death' is often within them. Houses are only fit to be occupied at night that have been penetrated and purified by the solar rays in the day-time.

The value of sunlight, with its accompanying influences, for animal development, may be illustrated by such facts as the following:—In decaying organic solutions, animalcules do not appear if light is excluded, but are readily organized when light is admitted. The tadpole, kept in the dark

does not pass on to development as a frog, but lives and dies a tadpole, and is incapable of propagating his species. In the deep and narrow valleys among the Alps, where the direct rays of the sun are but little felt, cretinism, or a state of idiocy, more or less complete, commonly accompanied by an enormous goitre, prevails as an epidemic, and is often hereditary. Rickets, or deformities, crookedness, and swelling of the bones, are very common among children who are kept in dark alleys, cellars, factories, and mines. It has been found that, during the prevalence of certain epidemic diseases, the inhabitants who occupy the side of the street and houses upon which the sun shines directly, are less subject to the prevailing disease than those who live on the shaded side. In all cities visited by the cholera, it was invariably found that the greatest number of deaths took place in narrow thoroughfares, and on those sides of streets having a northern exposure, from which the salutary beams of the sun were excluded. It is said that the number of patients cured in the hospitals of St. Petersburg were four times greater in rooms well lighted than in those confined in

dark rooms. This discovery led to a complete reform in lighting the hospitals of Russia, and with the best results.

Bathing. As an invaluable aid to health, every person should bathe or sponge the whole body with cold water, immediately following it by friction and exercise in the open-air to promote reaction. This tends to health, just as opening a window lets fresh air into a room. Merely washing the hands, face, and neck, is by no means sufficient; the entire surface of the body requires the application of water, not only for the purpose of cleanliness, but as a means of invigorating the capillary circulation, and so fortifying the system as to enable it to resist atmospheric vicissitudes. The secret of attaining these ends consists in employing water in such a manner and of such a temperature, and the body being in such a condition before and after the application, that the reaction or glow shall be most perfect. The best time for a cold bath is on rising from bed, before the body has become chilled or fatigued. Cold bathing should not, therefore, be practised when the body is cold or cooling, or

when it is exhausted by exertion, or is naturally too weak. A bath should not be taken too soon after a meal; nor should the time spent in the bath be too long; that may vary, according to circumstances, from about one to four minutes. The addition of *sea-salt* to the water imparts a stimulating property which favours reaction; but the use of sea-water whenever it can be had permits of bathing to the highest perfection.

For information on various forms of baths, and the conditions under which they are admissible, consult the *Vade Mecum* before referred to.

Clothing. Clothing should be arranged with a view to comfort, and according to the requirements of the season. Summer clothes should not be put on too soon, or winter ones too late. Thin-soled boots and shoes are destructive to health. So are stays. The body is strong enough to support itself; while stays often bring on diseases of the lungs and other important organs. The muscles of the body were intended to sustain it erect, but when stays are applied, they soon became indispensable, by superseding the action of the muscles; and, in accordance with a well-known law of the

muscular system, when they cease to be used they cease to grow.

The following passage on clothing suggests points of great practical importance :—

‘The clothing may be either insufficient or improper ; and this insufficiency or impropriety may be either *constant*, as in leaving uncovered the abdomen, thighs, and legs of young children, and the neck, chest, and arms of children and young girls, and in the neglect to put on flannels in winter ; or it may be only *occasional*, as in the adoption of muslin and low-bodied dresses by ladies, and thinner neck-ties, vests, and boots by gentlemen, for evening parties ; and in the neglecting to add more clothing during sleep. The frequency with which disease results in children from the inhuman practice of leaving their digestive, respiratory and other organs, and their extremities, exposed to the chilling blasts and varying temperature of our atmosphere, is unfortunately too well known to need that I should enter into any proof ; nor need I more than protest against the cruelty of leaving those parts naked in children, that we find it absolutely necessary to clothe the most warmly in adult life ; and more especially when we reflect that in childhood the body is small and the stock of animal heat insufficient, and the bodily growth in progress, and that growth is retarded and checked by cold and favoured by warmth ; that there is absence of reason and experience to teach

how to keep up the warmth of the parts exposed ; while in adult life the body is large and the stock of animal heat more adequate, the growth complete, and reason and experience possessed. I am convinced that many of the cases of infantile diarrhœa, cholera, constipation, remittent fever, dropsy after scarlatina, marasmus, phthisis, bronchitis, pneumonia, quinsy, hoarseness, and ophthalmia, result from this exposure.*

Exercise. This is essential to health and long life. No one in health should neglect to walk a moderate distance every day in the open air, if possible in the country, where pure air can be freely inhaled. Other things being equal, this will ensure the proper action of every important function. The walk for health should be diversified, including ascents and descents, and varying scenery ; and be alternated, when circumstances admit of it, with riding on horseback, with gardening, or similar pursuits. Such modes of exercise, practised moderately and regularly, and varied from day to day, are much more advantageous than the exciting, immoderate, and irregular exertions of the ball-room, the hunting-field, the cricket-ground, or the rowing-match. For feeble and infirm per-

* *Taking Cold*, by J. W. Hayward, M.D.

sons, carriage-exercise, if it may be so called, and frictions over the surface of the body and extremities, by means of towels and bath-gloves, may be substituted for active exertion.

The proper periods for exercise are—when the system is not depressed by fasting or fatigue, or oppressed by the process of digestion. The robust may take exercise before breakfast; but delicate persons, who often become faint from exercise at this time, and languid during the early part of the day, had better defer it till from one to three hours after breakfast. An evening walk, in fine weather, is also advantageous. Exercise prevents disease by giving vigour and energy to the body and its various organs and members, and thus enables them to ward off or overcome influences which tend to impair their integrity. It cures many diseases by equalising the circulation of the blood and the distribution of nervous energy, thus invigorating and strengthening weak organs, and removing local torpor and congestion.

Tobacco. *Tobacco and Snuff*, in every form, are highly prejudicial. Tobacco-smoking often induces thirst and vital depression, and as it is

generally accompanied by *spitting*, wastes the saliva, and leads to the worst and most obstinate forms of indigestion. The secretions of the mouth should never be expectorated, unless they are the products of disease, as in catarrh. Tobacco-smoking, especially where the habit is acquired in early life, gives an unhealthy character to the blood, produces a sallow hue of the skin, general physical weakness, and stunted growth. And these injurious consequences do not end with the smoker, but are transmitted from parent to child, resulting often in a puny, weak, and unhealthy offspring. Smoking tends to destroy the nervous forces, depriving the individual of that vigorous energy which should distinguish both his physical and moral character. We venture to endorse the following prediction:—‘If the habit of smoking in England advance as it has done during the last fifteen years, the English character will lose that combination of energy and solidity which has hitherto distinguished it, and England will sink in the scale of nations.’

Drugs. All persons, and especially those under homœopathic treatment, are strongly cautioned

against taking herb-tea, senna, salts, castor-oil, pills, and other drugs. Caution in respect to aperient drugs is especially required now that such numerous patent medicines are advertised and sold in every part of the country, doing an incalculable amount of injury.

CHAPTER IV.

Medicines: their Administration, etc.

Forms of Medicines. The following brief description of the different forms of medicines used in homœopathic practice will afford the beginner the necessary information on the subject. The preparations are of four kinds—*Pilules*, *Globules*, *Tinctures*, and *Triturations*.

Pilules. *Pilules* consist simply of a porous non-medicinal substance, medicated, by saturation, with any remedy desired. They are very tangible, and, if kept in a well-corked phial, retain their virtue for years. They are probably the best form of medicine for domestic use.

Globules. *Globules* are about the size of poppy-seeds, and are prepared in the same manner as

Pilules. Though considered convenient for administration to infants, they are not very tangible, and their appearance has done much to excite prejudice and ridicule. They are now fast giving place to pilules.

Tinctures. *Tinctures* contain the more active principles of the vegetable medicines, in a greater or less concentrated form, and are supposed to be more decided and rapid in their action, in acute diseases, than Pilules. It is therefore advisable for those who reside at a distance from medical aid to be furnished with a selection of the tinctures adapted to sudden and acute diseases, in addition to a complete case or chest of the Pilules, especially those numbered 1, 5, 6, 7, 14, 20, 23, 24, 28, and 30 in the list, page 57.

Triturations. *Triturations* are in powder, and contain a portion of the original crude substance triturated with a given quantity of sugar-of-milk; they are necessary to the administration of the lower attenuations of insoluble medicines, such as *Calcarea Carbonica*, *Hepar Sulphuris*, *Mercurius*, *Silicia*, etc.; but are not generally used in domestic practice.

Genuine Medicines.

To obtain a beneficial action from the remedies prescribed in this manual, it is essential to procure them absolutely pure. As a safeguard, it is best to obtain them from an educated, trustworthy person, exclusively engaged as a homœopathic chemist. Although there are now many respectable firms in whose ability and integrity the fullest confidence may be placed, yet caution is necessary; many persons offer for sale homœopathic medicines who have had but little pharmaceutical training, or who are chiefly occupied in preparing or selling strong-smelling drugs and other articles likely to deteriorate delicate and carefully prepared homœopathic remedies. When domestic treatment is likely to be much resorted to, as in districts distant from a professional man, or in the cases of clergymen, missionaries, or emigrants, a medical man should be consulted, who will not only be able to direct to trustworthy persons, of whom the medicines may be obtained in their pure and most efficacious forms, but also to suggest hints as to the most useful remedies, the dilutions, etc., most likely to meet special requirements.

Medicines. A list of the chief medicines, and their dilutions, prescribed in this manual.

LATIN NAMES.	DIL.	ENGLISH NAMES.
1 Aconitum Napellus	3	Monk's Hood
2 Antimonium Crudum	6	Crude Antimony
3 Antimonium Tartaricum	6	Tartar Emetic
4 Arnica Montana	3	Leopard's-Bane
5 Arsenicum Album	3	Arsenic
6 Belladonna	3	Deadly-Nightshade
7 Bryonia Alba	3	White Bryony
8 Calcarea Carbonica	6	Carbonate of Lime
9 Carbo Vegetabilis	6	Vegetable Charcoal
10 Chamomilla	3	Wild Chamomile
11 China	3	Peruvian Bark
12 Cina	3	Mugwort of Judea
13 Coffæa	3	Mocha Coffee-Berries
14 Colocynthis	3	Bitter Cucumber
15 Drosera	3	Sundew
16 Dulcamara	3	Bitter-Sweet
17 Gelseminum Semperfivens	3	Yellow Jessamine
18 Hepar Sulphuris	6	Sulphuret of Lime
19 Ignatia Amara	3	St. Ignatius's Bean
20 Ipecacuanha	3	Ipecacuanha
21 Kali Bichromicum	3	Bichromate of Potash
22 Mercurius	6	Mercury
23 Nux Vomica	3	Strychnos Nux Vomica
24 Phosphorus	3	Phosphorus
25 Pulsatilla	3	Wind-Flower
26 Rhus Toxicodendron	3	Creeping Poison-Oak
27 Silicia	6	Silex
28 Spongia Tosta	3	Burnt Sponge
29 Sulphur	6	Sulphur
30 Veratrum Album	3	White Hellebore

Also the strong TINCTURE OF CAMPHOR, to be kept separately.

EXTERNAL REMEDIES :—

Arnica Montana, Calendula Officinalis, and Rhus Toxicodendron.

For information respecting the properties and uses of the medicines in the above list, and a few others occasionally prescribed, consult the *Materia Medica*.

Medicine Case. A medicine-case should be constructed expressly for the medicines, and used for no other purpose; it should be kept locked, under the charge of a responsible person, and be protected from light and heat; it should also be kept quite apart from substances which emit a strong odour. Immediately after using a vial, it should be corked again, and the corks or medicines never changed from one vial to another. If these directions be carried out, the medicines may be kept unimpaired for years.

Directions *Pilules* may be taken dry on the for taking tongue, but it is better, when convenient, to dissolve them in pure soft water. Of *Tinctures*, the required quantity should be dropped into the bottom of a glass, by holding the bottle in an oblique manner, with the lip resting against the cork; the bottle should then be carefully tilted (see the illustration), when the tincture will drop from the lower edge of the cork. A little practice will enable a person to drop with great exactness. Water should then be poured upon the medicine in the proportion of a tablespoonful to a drop. The vessel should be clean,

the mixture kept covered, and the spoon used should not be left *in* the mixture. Fine glazed



earthenware spoons are the best for this purpose. If the medicine have to be kept several days, a new bottle, with a new, sound cork, should be used.

Hours. The most appropriate times for taking medicines, as a rule, are—on rising in the morning, at bed-time, and, if oftener prescribed, about an hour before, or two or three hours after, a meal.

The Dose. In determining the quantity and strength of doses, several circumstances should be considered, such as age, sex, habits, nature of the disease, etc. As a general rule, without reference to individual peculiarities, the following may be stated as the proper dose in domestic practice:—
For an Adult,—ONE DROP OF TINCTURE, TWO

PILULES, OR FOUR GLOBULES. *For a Child,—* ABOUT ONE-HALF THE QUANTITY. *For an Infant,—* ABOUT ONE-THIRD. A pilule, or a drop, is easily divided into two doses, by mixing it with two spoonfuls of water, and giving one spoonful for a dose.

Repetition The repetition of doses must be guided of doses. by the acute or chronic character of the malady, the urgency and danger of the symptoms, and the effects produced by the medicines. In violent and acute diseases, such as Cholera, Croup, Pleuritis, Convulsions, etc., the remedies may be repeated every ten, fifteen, or twenty minutes. In less urgent cases of acute disease, the remedy may be repeated every two, three, or four hours. In chronic maladies, the medicine may be administered every six, twelve, or twenty-four hours. In all cases, when improvement takes place, the medicines should be taken less frequently, and gradually relinquished.

Alternation To avoid the confusion resulting of Medicines. from mixing different drugs in one prescription, and to ascertain the pure action of each, homœopaths do not mix several together;

but in acute diseases, where the symptoms of the malady are not covered by a single remedy, and a second one is indicated, the two are sometimes given in *alternation*; that is, the one medicine is followed by the other at certain intervals of time, and in a regular order of succession. But the alternate use of medicines should, as much as possible, be avoided.

CHAPTER V.

Hints on Nursing; Diet; and Beverages for Invalids; Baths; and other Accessories in the treatment of Disease.

On Nursing. The following points in the nursing of the sick generally, and those in fever particularly, should receive special attention.

1. *The apartment.*—If practicable, the patient should be placed in a spacious, well-ventilated room, which allows an uninterrupted admission of fresh air, and the free escape of tainted air. Fresh air can only be ensured by an open window or door, or both. It is generally desirable to have a

blazing fire kept burning night and day, both in summer and winter ; this also assists ventilation ; but the patient's head should be protected from its direct effects.

In contagious and toxæmic diseases, thorough ventilation is imperatively required ; the poison of the disease being diluted with atmospheric air, loses its power and becomes inoperative. The room should also be divested of all superfluous furniture —carpets, bed-hangings, etc. The light from the windows should be subdued, noise shut out, and unnecessary talking forbidden.

2. *Cleanliness*.—The personal and bed linen, including the blankets, should be frequently changed, and all matters discharged from the body immediately removed. The patient's body should be sponged over as completely as possible at suitable intervals with tepid or cold water, as may be most agreeable to his feelings, and quickly dried with a soft towel. Vinegar and water may now-and-then be substituted for simple water. Vinegar is often very grateful to fever patients. Sponging the whole surface of the body should never be omitted in fever ; it reduces the excessive

heat, soothes the uneasy sensations of the patient, and is indispensable in maintaining that cleanliness which is so desirable in the sick-room. Frequent washing with soap and water also tends to prevent the occurrence of bed-sores, by keeping the skin in a healthy condition. The mouth should be frequently wiped out with a soft wet towel, to remove the *sordes* which gather there in severe forms of fever.

3. *Beverages.*—As a beverage, especially in mild cases of disease, and at the commencement of all fevers, pure water, toast-and-water, gum-water sweetened with a little sugar,* or barley-water, or grape-juice, orange-juice, or jelly, is nearly all that is necessary. In acute fever, cold water is like the “Balm of Gilead.” Both internally and externally it is an agent of supreme importance, and acts favourably by lowering the excessive temperature, and also as a tonic, giving vigour and tone to the relaxed capillaries, in which

* GUM-WATER is prepared by adding one ounce of Gum-Arabic, and about half an ounce of loaf sugar, to one pint of hot water. GUM is a mild nutritive substance, admirably adapted to inflammation of the mucous membranes, as in Catarrh, Bronchitis, Inflammation of the Bladder, etc.

the morbid action probably chiefly goes on. The use of water will prove a valuable adjunct to the medicinal treatment prescribed, and will accelerate those favourable changes which are hoped for.

4. Diet. In most cases of acute disease, no solid food is admissible: simple water, or milk-and-water, gum-, rice-, or barley-water, grape- or orange-juice, or jelly, together with Liebig's Extract of Beef,* being quite sufficient. Under other conditions the diet is varied as follows:

* LIEBIG'S EXTRACT OF MEAT.—This extensively-used and extremely-valuable article of the invalid's dietary, is the extracted juice of meat, and makes instantly, by the addition of hot water, a highly agreeable and nutritious beef-tea. There are many varieties, but we strongly recommend, from personal use, TOOTH'S MANUFACTURE, the consignees of which are *Messrs. W. J. Coleman and Co., 13, St. Mary-at-Hill, London.* This extract is invaluable in nearly all cases of *physical debility*, following severe and prolonged fevers, profuse losses of blood, collapse from wounds, in the last stages of *consumption*, etc. It is also most useful in bad cases of *indigestion*, and if taken during *fatigue* is exceedingly restorative; it gives force to the action of the heart, and removes the feeling of exhaustion after great exertion. We recommend this extract to be kept in every house, so that in any emergency—shock, hæmorrhage, collapse, etc.—beef-tea may be *immediately* prepared.

Milk Diet. This includes all kinds of light puddings, made with milk. Arrowroot, gruel, tapioca, rice, or sago, boiled in milk; milk-and-bread, etc. Also tea or cocoa, and bread-and-butter.

Meat Diet. When this is ordered, meat should be taken twice daily; but for breakfast, eggs may sometimes be substituted. In many hospitals, the daily allowance of meat is $\frac{3}{4}$ lb, including bone. In other respects, the same as for ordinary diet.

Extraordinary Diet. In hospitals, this includes meat, fish, poultry, etc.; also wine, brandy, or porter, as specially ordered by the doctor. The quantity of spirits, wine, or beer, to be taken by a patient should be regulated by the special order of a medical man, and none taken unless so ordered.

Different diseases and different constitutions, however, require varied kinds of food. Thus, in cases of diarrhoea, fruits and vegetables should be avoided, while a confined state of the bowels requires the free use of these articles; also, when febrile symptoms are present, meat, eggs, butter, and other stimulating food, should be omitted, and the diet restricted more particularly to fruits and

farinaceous articles, or, as before stated, to water and mucilaginous drinks alone. For further remarks on diet, see the article 'Dyspepsia.'

5. *Regular Supply.*—Another point of great importance is, that *nourishment should be administered with strict regularity*; in very extreme cases of prostration, every half-hour or hour, both day and night. Frequently, the functions of digestion and assimilation are so greatly impaired, that a large quantity of nourishment must be given to sustain the patient till the disease has passed through its stages.

6. *Food not to be kept in the sick-room.*—Miss Nightingale's suggestion on this point is so important, but, we regret to observe, so often disregarded, that we venture to repeat it here. It is this—do not keep the food, drink, or delicacies intended for the patient, in the sick-room or within his sight. The air of the apartment is liable to deteriorate them, and the continuous sight of them to excite disgust. Rather take up for him, at the fitting time, and by way of surprise, two or three teaspoonfuls of jelly, or as many fresh grapes as he may consume at once, or the segment of an

orange. Or, if it be appropriate to his condition, a small cup of beef-tea, covered, with one or two narrow slips of toasted bread, is very much preferable to inviting him to swallow even a less quantity from a basinful that has been kept for hours within the reach of the patient's hand and eye.

7. *Moderation in convalescence.*—Relapses are very liable to occur from indulging the appetite too freely during convalescence; and, therefore, toast and black tea, jellies, light bread-puddings, white fish, mutton-broth, Extract of Meat, a small quantity of tender chicken, broiled mutton, etc., may only be allowed in great moderation; but never to the capacity of the appetite, till the tongue is clean and moist, and the pulse and skin have become natural. Even then moderation should be exercised, as the appetite is often excessively craving.

Baths, etc.

WARM OR HOT BATH.—The patient should be immersed in warm water up to the neck, and directly afterwards a towel or sponge, squeezed

out of cold water, applied to the head; the cold towel or sponge may be applied for about three minutes, but the patient kept in the bath for ten or fifteen minutes. The temperature of the water for a *hot*-bath should be about 98° to 100°, or what can be agreeably borne by the back of the hand, and for a *warm*-bath about 90°; the temperature should be *fully maintained*, by additions of hot water carefully poured down the side of the bath, till the patient is taken out. The bath should be given in front of a good fire, and a warmed blanket be in readiness to wrap the patient in directly he leaves the bath. The hot-bath is of great service in convulsions, tetanus, etc.; it draws the blood from the over-loaded brain to the general surface of the body. It is also useful in simple or severe febrile diseases; in spasmodic affections of the bowels, or bladder; in prurigo, etc.

THE HOT FOOT-BATH.—The following will often arrest colds and fevers in their incipient stages, and immediately relieve congestive headaches, etc.:—On retiring to bed, the feet should be put in hot water, the water rising nearly to the knees; the

patient should be undressed, but abundantly and warmly covered; the temperature of the water should be maintained and increased by *fresh additions of hot water* for ten, twenty, or thirty minutes, according to the strength of the patient, or until perspiration breaks out about the face. The patient should then get into a warm bed, be well covered with clothes, and the perspiration encouraged by drinking freely of cold water. On rising in the morning the cold plunge bath should be taken, or the whole surface of the body quickly sponged or rubbed over with a wet towel or sheet, followed by vigorous friction. The hot-foot-bath should not be used too often.

THE WET PACK.—A mackintosh sheet or stout blanket or quilt should be spread on a mattress, and over it, leaving a margin at the head, a thick linen sheet, *wrung* out of *cold* water. In fevers, the colder the water is the better; for very delicate persons with feeble reaction, water at 68° may be used. The patient is to be extended on his back, naked, on the wet sheet, so that the upper edge covers the back of the neck, but the lower one is to project beyond the feet; holding up the

arms, one side of the sheet is to be thrown over the body and tucked in; the arms are now placed by the sides, and the other part of the wet sheet is thrown over all, and tucked rather tightly in, turning in the projecting ends under the feet. The mackintosh or blanket is then to be brought over all the sheet, and well tucked in round the neck, at the sides, and over the feet, so as completely to exclude the air. A stout quilt or extra blanket is to be put over all. In a short time the patient will become warm; the sensation is most agreeable, especially in fevers. The patient may remain in the pack three quarters of an hour to an hour, then be put into a shallow bath of water at 64° , well washed, dried, and put to bed. It may be repeated once, twice, or thrice a day, according to circumstances and the violence of the attack. Perspiration may be encouraged by frequent sips of cold water. If the head becomes congested, or the face flushed while in the pack, a cold compress should be applied over the forehead. The wet-pack is invaluable in the *early* stages of all fevers, and in *scarlatina*, *measles*, and *small-pox*, it assists in bringing out the eruption.

THROAT-COMPRESS.—This is an excellent domestic application in various affections of the throat, and may be used preventively or remedially, in the following manner:—A piece of linen or flannel should be wrung out of cold water, and wrapped, in two or three thicknesses round the throat; this should be covered with oiled-silk, or gutta-percha tissue, and then two or three thicknesses of flannel to maintain the warmth. When this is applied, the patient should retire to bed, and he will generally have the satisfaction of finding his throat-difficulty much relieved by the morning. In obstinate cases, the compress should be worn day and night, and re-wetted as often as it becomes dry. When the compress is taken off, the throat and chest should be bathed with cold water, followed by a good rubbing with a towel. However often repeated, the wet compress never relaxes the throat.

ABDOMINAL-COMPRESS.—This consists of two folds of linen, or a napkin, wrung out after immersion in cold water, and applied over the abdomen, covered with oiled-silk, and secured by a flannel bandage round over all.

PART II.

DISEASES AND TREATMENT.

CHAPTER I.

GENERAL DISEASES. A.—BLOOD-DISEASES.

1.—Small-Pox (*Variola.*)

This a highly-contagious disease. It is termed *discrete* when the pustules are separate, and *confluent*, when these run into each other, and form continuous suppurating surfaces.

SYMPTOMS.—The attack commences like most other fevers, and about twelve or fourteen days after the reception of the poison. There is chilliness, heat, headache, a *thickly-furred, white tongue*, a deep flush upon the face, a feeling of *bruised pain* all over the body, but *especially in the back and loins*; more or less pain or tenderness at *the pit of the stomach*, and sometimes *vomiting*. When the pain of the back and vomiting are violent, they may be regarded as the precursors of a severe form of the disease. On the third

day the eruption appears in the form of red spots, or small hard pimples, feeling like shot in the skin. It first comes out on the forehead and front of the wrists, is gradually extended over the body, and may also be seen upon the palate. The eruption being completed, the fever subsides, the pustules begin to fill like boils, are *depressed in the centre*, and surrounded by a circular inflamed ring. The eyelids, face, and hands are swollen, and the features obliterated. A peculiar, disagreeable odour now begins to emanate from the patient, which, once smelt, cannot be forgotten. In about eight days from the first appearance of the eruption, the pustules break and discharge their contents; scales then form, which dry up, and, in a healthy state of constitution, fall off in the course of four or five days, leaving purplish spots, which do not fade away before the sixth or eighth week.

DIAGNOSIS.—In the early stage, small-pox is chiefly distinguishable from the other eruptive fevers by severe pain in the back, and vomiting; also by the dots giving the sensation to the finger of small shots embedded in the skin; this latter

is a most useful sign to mark it off from Scarlatina and Measles.

DANGERS.—The greatest danger arises from the *secondary fever*, about the ninth to the twelfth day, when the pustules are ripening ; for then the fever is likely to return, the vital strength having already been much exhausted. In a confluent case, fatal chest symptoms may arise, or it may be followed by abscesses in various parts of the body, or there may be ulceration and opacity of the cornea and loss of sight.

TREATMENT.—*Antimonium Tart.*—This is a prominent remedy in the disease, and should be given as soon as Small-pox is suspected. The spasmodic retching, nausea, and hoarse cough, often very distressing, may be relieved by this medicine.

Aconitum, every third hour, for fever, headache, and restlessness ; or *Veratrum Viride*, if there be much sickness with the fever, and very rapid pulse. See also *Bell.*

Belladonna.—Stupor or delirium, severe headache, or ophthalmia. *Bell.* has a direct action

upon the brain ; it also tends to retain the eruption upon the surface.

Apis.—Considerable swelling of the face and eye-lids. If the swelling be attended with hoarseness and pain in swallowing, *Apis* and *Bell.* should be alternated.

Mercurius.—Ulcerated throat, salivation, and diarrhoea, with bloody stools.

Rhus Tox..—Valuable during the eruptive stage, when there are severe pains in the loins and back, and marked prostration.

Coffea.—Great restlessness and inability to sleep. A few doses only will be required.

Carbo Veg..—Low typhoid symptoms, with a tendency to putrescence. Also *Arsenicum*, etc.

ACCESSORY MEANS.—As soon as the eruption appears, the patient should be placed in a moderately dark room, in which there is ample provision made for the uninterrupted admission of fresh air, and the free escape of tainted air. He should be kept cool, and the sheets and linen be frequently changed. As soon as the eruption is well out, the whole surface should be smeared over with bacon-fat, the anointing being repeated twice or

thrice daily. A piece of boiled bacon, with the skin on, cut horizontally, leaving about a quarter of an inch of fat adhering to the skin, may be used to anoint the eruption. It completely prevents pitting, and allays irritation. As the pimples begin to ripen into pustules, and before they break, Dr. Belcher* directs the skin to be sponged with glycerine and rose water, in equal parts, and directly afterwards, by the aid of a soft puff, to cover the skin with a powder prepared by mixing one part of the first trituration of *Tart. Emetic* with eight of violet powder. The glycerine-water causes the powder to adhere, and pitting is effectually prevented. The process should be repeated as often as necessary. If the patient is a child, his hands should be muffled to keep him from scratching, which might lead to ulceration. Whenever the skin becomes hot or irritable, great relief will be afforded by sponging it with water, and well drying it with a soft towel. When the pustules have burst, powdered starch should be freely applied, to absorb the matter.

* See 'An Account of an Epidemic of Small-pox and its Successful Homœopathic Treatment,' by Dr. Belcher, in the *Homœopathic World*, April, 1868.

For GENERAL TREATMENT.—See pages 61-7.

VACCINATION.*—This is the great preventive means. Its performance is now rendered compulsory during the first three months of infancy. In vaccination there are three precautions to be observed: (1.) The vaccine *lymph* used should be taken from a child free from Scrofula and any constitutional taint. (2.) The matter should be inserted in four places in each arm, it having been found that the protective power of vaccination is in proportion to the number of the resulting *cicatrices* (scars), that being the most efficient which leaves the most and the best cicatrices. (3.) It should be *repeated* at the age of puberty, the great changes which take place at this period of life rendering its repetition necessary.

2.—Chicken-pox (*Varicella*).

On the second day of a slight fever an eruption appears similar to that of small-pox, for which it may be at first mistaken. It differs from Small-

* In Sweden, forty years *before* vaccination, out of every million persons, 2,050 died annually; *after* vaccination, 158. In Berlin, before vaccination, 3,442; after, 176.

pox, however, in the mildness of the fever which attends it; in the spots having no inflammatory ring around them in the first stage; in the vesicular character of the eruption, the spots of which become filled with a watery fluid about the second or third day, which is never converted into yellow matter, as in Small-pox; in the absence of hardness to the touch, and in the rapid course of the complaint. Generally on the third day the pustules dry up, forming crusts or scabs, but no pits.

TREATMENT.—It generally requires little medical assistance, but merely attention to diet, as in simple fever. If the fever be considerable, *Aconitum* every four or six hours. As a rule, *Rhus Tox.* is the best remedy, under the action of which the disease soon disappears. For headache and disturbance of the brain, two or three doses of *Belladonna*.

3.—Measles (*Morbilli*).

Measles is a disease of childhood, usually unattended with danger, unless improperly treated; in adults it is a severe or even dangerous malady.

Like Scarlatina and Small-pox, it is highly contagious, often epidemic, and generally attacks the same patient only once.

SYMPTOMS.—About eight days after the reception of the infection, the disease is ushered in with the symptoms of a *common cold*, such as sneezing, running from the nose, red, swollen, and watery eyes, a hoarse, harsh *cough*, and *fever*. On about the fourth day from the commencement of the illness, the eruption appears on the face and neck, and soon after on the whole body. It is in the form of minute pimples, which multiply and coalesce into blotches of a more or less crescentic form, slightly raised above the surrounding skin, so as to be felt, particularly on the face, which is often a good deal swollen. In four or five days the fever abates, and the eruption declines, a bran-like scurf being afterwards thrown off the skin.

Measles differs from Scarlatina in several respects. The eruption is *rough*, so that on passing the hand over the skin considerable inequalities may be detected, and it is of a *darkish scarlet* colour; in Scarlet-fever the roughness is absent,

and, in simple cases of the disease, the rash is of a bright scarlet colour. The sneezing, lachrymation, and other catarrhal symptoms which characterize the primary stage of Measles, are usually absent in Scarlet-fever.

TREATMENT.—In mild forms, *Puls.*; in severe and complicated, *Acon.*, *Bry.*, *Bell.*, *Sulph.*, *Ipec.*, *Merc.*, *Rhus Tox.*, *Arsen.*, etc.

Aconitum.—Febrile symptoms, either at the outset, or during the progress of the disease. (See also *Verat. Vir.*, under Small-pox.) A dose every third or fourth hour, as long as may be necessary.

Pulsatilla.—Almost specific in measles; especially when symptoms of cold, derangement of the stomach, and much phlegm in the chest are present. It is most useful after the fever has been modified by *Aconite*; or in the absence of fever it may be given alone.

Belladonna.—Considerable affection of the throat, dry, barking cough, etc.; restlessness, and tendency to delirium. A few doses, at intervals of two or three hours.

Bryonia.—Imperfectly developed or suppressed eruption; stitching pains in the chest, difficult

breathing, cough, etc. In addition to this remedy, a sudden recession of the eruption might necessitate a *hot-bath*—see page 67.

Sulphur.—After the eruption has completed its natural course, and the other remedies are discontinued. A dose night and morning for several days.

AFTER-EFFECTS (Sequelæ).—Measles is often succeeded by diseases of the lungs, eyes, ears, bones, or some affection of the skin. These are often far more serious than the malady itself, and generally require professional treatment. They may sometimes be *prevented* by the administration of *Sulphur* as just directed. Sequelæ are infrequent after homœopathic treatment.

MEASLES AND CONSUMPTION.—Tubercular disease of the lungs, or, more often, of the bowels, is by no means an infrequent sequel in delicate or strumous children. Cases of this nature are often under our care, and from long observation we have reason to believe that such a connexion is far from uncommon. Whenever, therefore, a child makes but a slow or imperfect recovery after an attack of measles, more particularly if there be tenderness,

pain, or enlargement of the abdomen, diarrhœa or irregular action of the bowels, a grave constitutional disease may be suspected, and no time should be lost in obtaining professional homœopathic assistance.

DIET AND REGIMEN.—The general directions in the chapter on *Nursing* (see page 61) should be carried out. The *Wet-pack* (see page 69) is useful at the commencement of the fever. It is especially necessary to guard the patient from cold, and, except during the very height of summer, a fire should be kept burning in his room. Exposure may cause the eruption to recede, and bring on bronchitis or pneumonia. The patient should be kept in bed.

PREVENTIVE MEASURES.—Measles is contagious, and may generally be prevented, or modified, by giving children who have not had the disease a dose of *Pulsatilla* morning and night during the prevalence of the disease.

4.—Scarlet Fever—Scarlatina (*Febris Rubra*).

This is a contagious disease, the poison of which is only second in virulence to that of Small-pox.

The second, third, fourth, and fifth years of life are those in which it is most prevalent ; after the tenth year its frequency rapidly declines. The opinion that the disease does not attack children under two years of age is erroneous ; as also is the idea that there is a difference between *Scarlatina* and *Scarlet-fever* ; the terms being synonymous.

The increasing prevalence of *Scarlatina* during the present century leads us to assign to it that pre-eminent rank among the causes of the mortality of childhood which was formerly occupied by *Small-pox* ; indeed it is probable that as *Small-pox* has declined since the introduction of vaccination, *Scarlatina* has proportionately increased, so that the mortality from it greatly exceeds that from *Measles* and *Small-pox* combined. In 1863, the mortality from this disease in London alone was 4,982, a year remarkable for the wide-spread character and fatality of this epidemic. Nor were its ravages restricted to London, for scarcely a town or district of England escaped. The mortality in towns is double that in the country. Its fatality during the last few months, 1869-70, has again been very great.

SYMPTOMS.—Scarlatina has a latent period of about five days. The disease commences with the ordinary precursors of fever—shivering, hot skin, frequent pulse, thirst, and sore throat, and, often, vomiting. On the second or third day, after these symptoms, the eruption appears, first on the neck and breast, and then over the great joints and body generally, as a *scarlet efflorescence*, minutely point-shaped, but not raised above the surrounding skin so as to be felt ; and somewhat resembles a boiled lobster-shell. On the fourth or fifth day the eruption generally begins to decline, and gradually goes off, the outer skin desquamating in large flakes. The distinctive characters of Scarlatina are—(1.) The *scarlet rash*, just described.—(2.) The *high temperature of the skin and blood*, which becomes higher than in most other fevers, rising often to 105°, 98° being the normal standard.—(3.) The papillæ of the tongue are *red and prominent*, and may be first seen projecting through a white fur, or, as this fur clears away, on a red ground, suggesting the term—‘the strawberry-tongue.’—(4.) The *sore throat*. The throat is congested and swollen round the soft palate and

tonsils, and the mucous membrane of the mouth and nostrils are generally affected.

To distinguish *Scarlatina* from *Measles*, see pages 79, 80.

VARIETIES.—There are three forms, viz., *Scarlatina simplex*, in which the skin only appears to be affected; *S. anginosa*, in which both skin and throat are involved; and *S. maligna*, with extreme depression of the vital strength, superadded to the affection of the throat and skin, the fever assuming a malignant character. In this form, the tongue is brown, there is low delirium, the eruption is imperfect, darker than usual, and appearing and disappearing alternately. The throat is dark, livid, and even sloughy. Often this form of the disease terminates fatally on the third or fourth day, and is always one of such extreme danger that none but patients of very vigorous constitutions, and when skilful treatment is commenced early, survive it.

Scarlatina is more prone to assume a malignant form than any other of the eruptive fevers, and sometimes prevails as an epidemic in low, ill-drained districts.

TREATMENT.—*Scarlatina simplex*—*Bell.* alt. *Acon.*; *Sulph.* during convalescence. *Scarlatina anginosa*—*Merc.*, for ulceration of the throat; *Apis*, excessive swelling. *Scarlatina maligna*.—*Ailanthus Glandulosa*, *Ars.*, *Apis*, *Gels.*, *Mur. Ac.*, *Phos.*, *Opi.*, etc.; also spray of *Sulphurous Acid*, or of *Condyl's Fluid*, diluted—one part of either to about twelve of water.

This disease should always be under the care of a homœopathic physician, as the mildest forms, neglected, have often led to the worst results.

Belladonna.—Immediately *Scarlatina* is suspected, and especially when the rash begins to appear, the swallowing becoming difficult, and the throat inflamed, *Belladonna* should be given every first, second, or third hour, according to the severity of the symptoms, and as long as the eruption is *bright-red*. This medicine exerts a direct power over Scarlet-fever, which in its simple form, will frequently yield to its action without the aid of other mediciens.

Aconitum.—If the fever be severe, a few doses may precede, or be alternated with, *Bell.*

Gelsemium.—In simple cases when the eruption

is not clear, when the symptoms are remittent, and for nervous restlessness, etc.

Veratrum Viride is valuable when there is much head disturbance, vomiting, and very rapid pulse.

Mercurius.—Inflamed, swollen, or ulcerated throat. If there be a predominance of the throat symptoms, especially malignant sore throat, *Merc.* is most valuable.

Arsenicum.—Great prostration of strength ; cold clammy sweats ; frequent, weak pulse ; threatened dropsy.

Sulphur.—When the disease is on the decline, to prevent secondary complaints. A dose night and morning for several days.

GENERAL MEASURES.—The hints on Nursing, pages 61-63, should be studied, and, as far as possible, strictly carried out. Sponging the surface of the body with tepid water, to moderate the great heat and allay restlessness, is a most useful measure. A wet bandage to the throat, when it is affected, is a sovereign remedy, and seldom fails to relieve. It should be fastened both at the back of the neck and at the top of the head, so as to protect the glands near the angles of the jaws.

Inhalation of steam from hot water is useful when the throat is sore and painful. Also the **WET PACK**, as described page 69.

PREVENTION.—During the prevalence of Scarlatina, a dose of *Belladonna* should be given night and morning to children who have not had the disease. The first dilution, or the strong tincture, is best for this purpose. Should the disease occur notwithstanding this treatment, its severity will be much mitigated.

AFTER-EFFECTS (Sequelæ).—There are several sequelæ that may follow Scarlatina, especially in unhealthy subjects or districts, or when the disease has not been skilfully treated.—(1.) Inflammation and swelling of the glands of the neck, which in scrofulous children attain a large size, often suppurate, and burrow under the muscles of the neck. *Merc.*, *Hepar S.*, or *Calc.* should be administered immediately any swelling is observed. (2.) The inflammation of the throat may be extended along the *Eustachian tubes* (small canals which extend from the throat to the ear), producing deafness by their obstruction, or by suppuration of the *tympanum* (drum of the ear), or some other mischief

of the ear. The remedies recommended are—*Bell.*, *Merc.*, *Aurum*, or *Puls.* (3.) But the most frequent and dangerous sequel is *anasarca* (dropsy), which takes place about the twenty-second day from the commencement of the fever. Dropsy is more frequent after a mild than after a severe form of Scarlatina, owing probably to the disease not having expended all its force, some of the poison remaining in the system; or it may be due to the want of caution in such cases during convalescence. *Apis*, *Arsen.*, or *Bry.*, are the chief remedies. *Apis* is generally a prime remedy in post-scarlatinal dropsy.

5.—Enteric or Typhoid, and Typhus Fevers.

SYMPTOMS.—The most characteristic are—debility; chilliness or rigors; weariness and restless anxiety; ringing noises in the ears, and, often, deafness; black spots before the eyes; low muttering delirium; stupor; and an eruption. The latter, however, may be imperfect, or even absent.*

* For more detailed symptoms and treatment, see the author's *Vade Meoum*.

TABULAR

Differences between *Enteric* or *Typhoid* and *Typhus Fever*.

TYPHOID.

(1.) Typhoid seldom attacks persons after forty, and is most common in youth, including children.

(2.) Is more common among the rich than the poor.

(3.) Arises from decomposing animal matter, foul drinking-water, "as when a drain leaks into a well, etc.

(4.) Comes on insidiously, the premonitory stage lasting a week or more.

(5.) The bowels are much affected with diarrhoea, congestion, or even ulceration.

(6.) The eruption of the skin consists of ROSE-COLOURED SPOTS, something like measles, appears in successive crops, and fades under pressure.

(7.) Continues at least three weeks, and often five or six, or even more.

(8.) The tendency to death is by ASTHENIA (*exhaustion*).

(9.) Is commonly called GAS-TRIC FEVER.

TYPHUS.

(1.) Typhus occurs at any age, but more frequently in middle life.

(2.) Is rare among the wealthy, excepting doctors, students, and *visiting* clergymen.

(3.) Arises from over-crowding, bad ventilation, and destitution; it spreads by contagion.

(4.) Comes on quickly.

(5.) The head is chiefly affected, and the bowels are but little so.

(6.) The eruption is of a MUL-BERRY COLOUR, comes out only once, and does not disappear under pressure.

(7.) Runs its course in about a fortnight.

(8.) Tends to death by COMA (*morbid drowsiness*).

(9.) Is sometimes called BRAIN FEVER.

TREATMENT.—*First stage.*—Verat. Vir., Baptisia Tinctoria, or Bry.

Great prostration.—Ars., Verat., or Rhus Tox.

The Lungs involved.—Phos. and Bry.

The Brain.—Bell., Camph., Opi., or Rhus.

The Bowels.—Ars., Bap., Carbo Veg., Ipec., or Merc.

Nervous debility following.—Fer. Sulph., China, Ign.

Verat. Vir.—Rapid pulse, severe headache, vomiting, and even delirium.

Baptisia.—Early typhoid symptoms. This remedy should be given as soon as typhoid fever is suspected.

Bryonia.—Bitter taste, brown-coated and rough tongue, bilious derangement, nausea, *confined bowels*, stupifying headache, *cough*, *stitches in the chest*, and irritable disposition. When there is furred tongue, rheumatic pains and restlessness, *Bry.* may be alternated with *Rhus* every third hour.

Belladonna.—Violent headache, redness and congestion of the face; a wild, red, and fiery appearance of the eyes; throbbing and distension of the blood-vessels of the temples; wakefulness

and nocturnal delirium, and other cerebral symptoms. *Hyoscyamus* may sometimes be required instead of *Bell.*

Mercurius.—Copious debilitating perspirations; foul state of the mouth, throat, breath, etc. ; diarrhoeic evacuations, greenish or yellowish; thickly-coated tongue; tenderness at the pit of the stomach.

Opium.—Stupor; slow, stertorous (*snoring*) breathing; hard, full, slow, or oppressed pulse; low delirium.

Arsenicum.—Great debility, prostration, and rapid sinking, with very small and thready pulse; burning thirst; diarrhoea, with dark, offensive discharges; cold perspirations; symptoms worse at night.

Rhus Tox.—Foul discharges from the bowels; livid colour of the skin; fading away, or unhealthy character of the eruption; paralytic symptoms; extreme weakness and prostration; low muttering delirium; picking of the bed-clothes; offensive, putrid, or bloody diarrhoea; dry, cracked tongue; great thirst, and scanty urine.

Carbo Veg.—Offensive smells from the patient;

involuntary evacuations of a putrid odour; deep-red urine; pinched, sunken countenance; burning in the abdomen and pit of the stomach; cold extremities; rapidly sinking powers, and scarcely perceptible pulse.

ADMINISTRATION.—A dose should be given every one or two hours during the severity of the symptoms; at other times every three to six hours.

ACCESSORY TREATMENT.—See Hints on Nursing, pages 61-63.

WATCHING PATIENTS.—Fever patients should never be left alone, but attended and watched day and night. Their urgent and incessant *wants* require this, and their *safety* demands it. Instances have occurred of patients, in the delirium which so frequently attends fever, getting out of bed, and even out of the window, during the absence of the nurse, and losing their lives from injury.

6.—Relapsing Fever (*Febris Recidiva*).

This disease—sometimes called *famine-fever*, and in Germany *hunger-pest*—has recently appeared in England, after an absence of about fourteen years. At the time of writing, it exists

in many parts of the country. It is contagious, and visits chiefly, though not exclusively, those who are ill-fed, live in crowded, ill-ventilated houses, and have but few comforts. It is a trying disease, but not very fatal.

SYMPTOMS.—The seizure is sudden: there are rigors, headache, pains in the muscles and joints resembling those of rheumatism; then follows a reaction, with high fever, with bilious symptoms; after which, in about a week from the commencement, profuse perspiration ensues, and all bad symptoms disappear for a few days, when a *relapse* occurs, and so the disease may continue for some time.

TREATMENT.—Dr. Kidd, who had much experience in treating the disease in Ireland during the epidemic of 1847, found *Bryonia* most useful. *Acon.*, *Gels.*, *Eup.* *Per.*, *China*, *Podoph.*, etc., may be required; and *Phos.* or *Phos. Ac.* during convalescence.

Simple nourishment should be supplied at the patient's pleasure; the measures pointed out in paragraphs, pages 61-7, should be carried out.

Camph. and *Nux Vom.* may be used as prophylactics.

7.—Simple Fever (*Febricula*).

Simple fever is the mildest form in which a feverish attack occurs, and as it generally disappears in from twelve to thirty-six hours, it is termed an ephemeral disease.

SYMPTOMS.—A feverish attack usually commences in the afternoon or evening, with alternate chills and flushes, followed by heat and dryness of the skin; hard, full, quick pulse; dry, coated tongue; thirst; hurried, anxious breathing, and highly-coloured and scanty urine. Also, often, pain in the loins, headache, deranged bowels, and loss of appetite. As these symptoms may be precursors of serious diseases, they require prompt attention.

CAUSES.—Suppressed perspiration, exposure to damp or cold, sudden changes of temperature, wearing damp clothes; poor or insufficient diet; injuries, internal or external; fatigue, etc.; or it may be a modified variety of one of the forms of fever described in a preceding section.

TREATMENT.—*Aconitum* is found to be the chief remedy for all such symptoms as those above in-

dicated, when there is no toxæmia (*blood-poisoning*); and it will most effectually calm the arterial excitement; it has been termed *The Homœopathic Lancet*. Perspiration following its administration is often a welcome indication of its beneficial action. A dose every two or three hours, or, in urgent cases, every half-hour or hour, till perspiration breaks out, when this remedy may be discontinued.

Camphor.—For a sudden seizure of chilliness; shivering, with lassitude, and general indisposition which has come on rapidly. Two drops of the strong tincture of *Camphor* on a small piece of loaf-sugar, or two or three pilules, repeated three times, at intervals of fifteen or twenty minutes, may precede *Aconitum*, or it may be alone sufficient.

If the fever does not quickly yield to *Acon.*, a homœopathic practitioner should be called in.

8.—Ague.—Intermittent Fever.

Intermittent fever is so named because the febrile symptoms return in paroxysms, between which they entirely pass off.

SYMPTOMS.—A paroxysm of Ague has three stages—the cold, the hot, and the perspiring. The *first stage* commences with chilliness and rigors, chattering of the teeth, aching of the back and limbs, oppression of the chest, yawning and sighing. The face is pale, the features and skin contracted, the pulse frequent and small, the tongue white, and the urine scanty and frequently passed. In the *second stage*, flushings come on, until the entire body becomes hot, with thirst, bounding pulse, throbbing headache, and restlessness, the urine being still scanty, but high-coloured. At length, the *third or perspiring stage* succeeds, and the patient feels much relieved. Thirst diminishes, the pulse declines in frequency, and the appetite returns; at the same time there is a red deposit of *urates* in the urine. A paroxysm usually lasts about six hours, allowing two hours for each stage. The period between the paroxysms, as already explained, is called the *intermission*; but by an *interval* is meant the whole period or cycle between the beginning of one paroxysm and the beginning of the next.

PATHOLOGY.—It is supposed that in the cold

stage the blood leaves the surface and the capillaries, and accumulates about the right side of the heart, the large veins and great venous organs of the interior, such as the liver, spleen, and the bases of the lungs; in the hot stage, the heart re-acts and throws out the blood again to the surface, but with too great force; in the sweating stage the secretions are re-established, and the proper balance between the large and small blood-vessels is restored.

TYPES.—There are three chief types of ague; 1st.—*The Quotidian*, has a paroxysm daily, coming on in the morning from 7 to 9 a.m., and an interval of twenty-four hours. 2nd.—*The Tertian*, has a paroxysm every other day, coming on from 10 to 12 o'clock at noon, and an interval of forty-eight hours. 3rd.—*The Quartan*, has a paroxysm every third day, coming on from 2 to 4 p.m., and an interval of seventy-two hours. The tertian is the most frequent, and has the most marked hot stage; but the quartan is the most obstinate, and chiefly occurs in the autumn. There is still another type, in which, though there

is an attack every day, those only resemble each other which occur on alternate days.

EFFECTS.—From the recurrence of internal congestions in each cold stage, the function of the liver and bowels becomes disordered, the patient is sallow, his limbs waste, but his abdomen is distended, and his bowels constipated. The spleen is especially liable to be enlarged, sometimes to a great extent, so as to be felt externally. This condition is popularly called *ague-cake*.

CAUSES.—The exciting cause of ague is *Marsh Miasma*, which is probably the effluvia from decomposing vegetable matter, and is most rife when the land is *drying*, after having been previously soaked with water. It is, therefore, most frequent in the spring, and when the rains have fallen upon the decaying leaves in autumn.

LAWS.—Malaria obeys the following laws, which, on account of their practical value, are worth noting. 1st.—It spreads in the course of *prevailing winds*. 2nd.—Its progress is arrested by *rivers* and *running streams*, and by *rows of trees*. 3.—It does not rise above the *low level*. 4.—It is most dangerous at *night*.

TREATMENT.—*Palliative* treatment is adopted during the paroxysms to mitigate the symptoms, and consists chiefly in imparting warmth during the cold stage ; removing the patient's coverings, and giving cooling drinks during the hot ; and supplying him with warm and dry linen when the perspiring stage has passed by. The *curative* is adopted during the intermission, and is of the greatest importance. The following are the chief remedies in our list :—

China.—Ague in marshy districts, with its regular stages ; yellowish complexion, drowsiness, tender or swollen liver or spleen, and watery or bilious diarrhoea. A dose just before an expected paroxysm, and every four hours through the intermission.

Arsenicum.—Heat and shivering at the same time, or alternately, or internal shivering with external heat ; burning heat, thirst, pains in the stomach, debility, and tendency to dropsical swellings ; also when *Quinine* or *Bark* has been used in excess.

Ipecacuanha.—Nausea and vomiting, with other gastric symptoms. .

ACCESSORY MEASURES.—If practicable, residence in a well-drained district, with a dry bracing atmosphere. If compelled to remain in a malarious atmosphere, the patient should sleep in the loftiest parts of the house, and not expose himself to night-air. Air and light should be freely admitted during the middle of the day into the house, but night-air carefully excluded. Light, nourishing diet may be taken, but the digestive organs not overtaxed. Fatigue and cold draughts of air must be avoided, and the clothing be sufficient to be comfortable.

For ampler treatment, see *The Homœopathic Vade Mecum of Modern Medicine and Surgery*.

9.—Cholera (*Cholerapestifera*).

In this disease, which resists the efforts of the old system, homœopathy has won brilliant triumphs. Its success in the prevention and cure of cholera,* and other violent diseases, has contributed greatly to its rapid spread in every part of the world.

TREATMENT.—If possible, cholera should always

* See Dr. Macloughlin's testimony, page 31.

be treated by a homœopathic practitioner. We shall only indicate some of the remedies and measures which have been found most useful.

Camphor is one of the first and most important medicines to be administered, under whatever form the disease presents itself. Its special indications are, *sudden prostration*, the body generally becoming cold; pains in the stomach and bowels; irregular pulse; cold sweat on the forehead; giddiness; noise in the ears; swelling of the abdomen from wind; and severe purging. Two to five drops of the strong tincture on sugar, or in a spoonful of water, every five or ten minutes; as soon as the patient becomes warm, the doses may be given less frequently, and discontinued when full perspiration takes place. At the same time the patient should be placed in a warm bed, and have hot water-bottles applied to the feet.

Arsenicum.—Violent *burning* pains in the stomach; excessive thirst; suppression of urine; clammy sweat; weak, tremulous pulse; cramps, and entire *prostration of strength*. It is the great remedy when the time for curing with *Camphor* has passed,

Veratrum.—The chief indications for this remedy are *violent and continuous vomiting and purging*; cramps in the legs; a shrivelled appearance of the skin; cold tongue; cadaverous and pinched appearance of the face.

Cuprum.—Spasm or cramp, or convulsions.

PREVENTIVE MEASURES.—During the prevalence of Cholera, there are usually premonitory symptoms, such as general uneasiness, bitter taste in the mouth, fulness and pressure at the pit of the stomach, cramps, slight diarrhoea, a rumbling in the bowels: these symptoms should be promptly checked. Much time may be saved, and life spared, by families providing themselves with a small case of homœopathic remedies, including a small bottle of *Arsenicum* and *Veratrum*; also a bottle of *Camphor*, which must be kept by itself.

The following advice is worth remembering :—‘Should Cholera prevail, the means to avoid an attack are—to maintain cheerfulness of spirit (remembering that the disease is not contagious); using a temperate but generous diet; avoiding suppers; keeping early hours; sleeping in the highest room in the house; and carrying a small bottle of strong camphorated spirit in the pocket,

for the use of others as well as yourself; and if compelled to pass the neighbourhood of foetid drains, ditches, or other suspected places, moisten the tongue with a drop of the camphorated spirit before inhaling the stench, it being known to homœopaths that *Camphor* is the antidote to most of their infinitesimal medicines, so it is an antidote to the cholera poison suspended in the air, and inhaled into the lungs in infinitesimal quantity, provided the *Camphor* is applied before the poison has begun to operate on the blood.'—*H. Kelsall, M.D.*

10.—Hooping-cough (*Pertussis*).

This is an epidemic and contagious disease, usually of a mild character in healthy children, but a distressing and sometimes a fatal malady in the delicate or scrofulous.

SYMPTOMS.—It generally commences as a common cold, accompanied by a cough, which returns in fits at intervals; but in about a week the cough recurs at shorter intervals, in paroxysms of extreme severity, the child turning red or almost black in the face, and appears as if choking, during which the lungs are emptied of air to the last degree, and then a long sonorous inspiration, taken to refill them, constitutes the 'hoop.' The attacks recur every two or three hours, or, in severe cases,

oftener, and sometimes blood escapes from the nose, mouth, and even from the ears. The fits pass off with the expectoration of glairy, ropy mucus, and sometimes sickness. If dentition be going on, convulsions are not infrequent. Hooping-cough is sometimes complicated with Measles, Small-pox, Bronchitis, etc., which add to the difficulties of treatment.

CAUSE.—A specific unknown poison communicated through the atmosphere, which irritates the *pneumogastric* nerve.

TREATMENT.—As this disease begins in a common cold and cough, the early treatment will be found under those diseases, the prompt adoption of which will often prevent its development.

Ipecacuanha.—In the early stages of the disease, especially after the use of *Acon.* or *Bell.*, when there is dry hard cough, which threatens suffocation; excessive *vomiting* of mucus; watery or bloody discharges from the eyes and nose. A dose every two or three hours.

Drosera.—In the hooping stage, when the cough is loud and hoarse, the paroxysms frequent and violent, causing perspiration and vomiting of food

or mucus. *Drosera* is often sufficient in uncomplicated cases; scrofulous children require professional treatment.

Veratrum.—Great exhaustion, cold perspiration, involuntary escape of urine during the cough; pains in the abdomen and groin; anxious expression.

Cuprum.—Paroxysms of hooping-cough, causing convulsions, rigidity, and almost a suspension of the breath, followed by vomiting and extreme prostration.

Opium.—Stupor, irregular breathing, constipation. A few doses are often useful when other remedies do not produce the desired change.

Bryonia or *Phosphorus*, every three or four hours, when hooping-cough is complicated with diseases of the chest.

Cina.—Hooping-cough with worm symptoms. *Cina* is often useful in alternation with *Belladonna*, especially when there are indications of water-in-the-head.

ACCESSORY MEANS.—In warm, fine weather, the patient may remain in the open-air during a portion of each day; exposure to damp and

draughts should be strictly avoided. Fits of anger should be guarded against, as they add to the violence and frequency of the paroxysms. Infants must be watched constantly, taken up as soon as a fit comes on, and placed in a favourable position. In obstinate cases, change of air, if only for a short distance, will prove of great utility.

DIET.—Light, digestible food only, in moderate quantities. Toast-and-water, barley-water, or gum-water, are grateful and soothing.

11.—Mumps (*Parotitis*).

This complaint consists of inflammatory swelling of the salivary glands, especially those below the ears, frequently with pain, soreness, and difficulty in moving the jaws. A curious circumstance connected with this disease is, that as the swelling of the neck and throat subsides, there is liability to swelling and tenderness of the testicles in the male, and the mammae in the female, especially when the swelling subsides *suddenly*, as on exposure to cold, or from cold applications.

TREATMENT.—*Mercurius* is the first and chief

remedy, and is generally sufficient to effect a cure. A dose three times daily.

Belladonna.—Severe pain, with a tendency to delirium; Mumps following measles, or with an erysipelatous inflammation.

Pulsatilla.—Useful when the breasts or testicles are affected.

ACCESSORY MEANS.—The parts may be fomented with warm water, and in the interval, covered with a flannel bandage. The patient should be protected from cold, damp, or excitement.

12.—Influenza (*Catarrhus Epidemicus*).

This is an epidemic catarrh, and is so called from the Italian word which means 'influence,' because it arises from some peculiar condition or contamination of the atmosphere.

SYMPOTMS.—These differ but little from common cold, except that the general debility is greater and more persistent. There are chilliness, anxiety, heat, headache, pain of the back and limbs, cough, nausea, suffusion of the eyes,

sneezing, and an acrid discharge from the nostrils, with great depression of strength.

TREATMENT.—*Camphor* or *Aconitum*, and, if afterwards necessary, *Arsenicum*, *Mercurius*, *Bryonia*, etc., according to the indications; see under 'Cold-in-the-Head.' *Arsenicum* is generally a prominent remedy.

DIET AND REGIMEN.—Beef-tea and farinaceous food, with *repose in bed*. During fever, loss of appetite, etc., toast-and-water or barley-water will be most suitable, adopting, as the fever abates, a generous diet.

13.—Erysipelas—St. Anthony's Fire (*Erysipelas*).

Idiopathic erysipelas arises from constitutional causes, and commonly affects the face and neck; *traumatic* erysipelas follows injuries, and may occur on any part.

SYMPTOMS.—Simple erysipelas, the variety treated of here, is marked by a spreading, inflammatory redness of the skin, with puffy swelling, tenderness, burning, and a painful sensation of tingling and tension. The colour of the skin

varies from a light-red to a dark-red or purplish colour, becoming white under pressure, but assumes its former appearance on the removal of that pressure. An attack is often ushered in with shivering, languor, headache, and sometimes nausea, vomiting, or diarrhoea.

CAUSES.—Debility, and loss of resisting-power from disease; the habitual use of stimulants; exposure to cold; impaired digestion; wounds; badly ventilated or crowded apartments; and certain conditions of the atmosphere. A recent wound or bruise is a chief exciting cause; neglect of cleanliness, intemperance, unwholesome food, and *bad air*, are the predisposing causes.

TREATMENT.—*Aconitum*.—This is mostly required before the rash appears, but may be given, if indicated by febrile symptoms, at any stage, every three hours.

Belladonna.—Severe, bright-red, smooth eruption, with headache, thirst, constipation, thick urine, etc. *Bell.* may be alternated with *Acon.* in the early stages of the disease.

Rhus Tox.—*Vesicles* (little bladders), whether on the face or body, with swelling, shining red-

ness of the parts, and restlessness. A dose every second or third hour.

Other remedies are *Verat. Vir.*, *Apis* (rapid swelling), *Arsen.* (great prostration), *Carbo Veg.*, *Puls.*, and *Sulph.*

ACCESSORY MEASURES.—In mild cases, no external application is required, unless fluid exudes, which may be absorbed by dusting powdered starch over the surface. In severe cases, warm fomentations, and afterwards flour or fine starch should be sprinkled over the parts. When the eruption is obstinate, we have found a lotion of *Verat. Vir.* successful. Incisions, poultices, and bandages may be necessary, should matter form.

DIET.—Gum-water, barley-water, or pure water to allay thirst. Bad and tedious cases require beef-tea, and good nourishment, at regular intervals; and, subsequently, change of air.

CHAPTER II.

GENERAL DISEASES B.—CONSTITUTIONAL DISEASES.

14.—Acute Rheumatism—Rheumatic Fever; and Chronic Rheumatism.

SYMPTOMS.—Acute Rheumatism sets in with general febrile disorder, followed by the attack of acute inflammation of the fibrous structures about one or more of the larger joints—the shoulder, elbow, knee, ankle, etc. The affected joints are swollen, tense, slightly reddened, very painful, and the pain so increased by movement that a patient often says he has lost the use of the limb. The skin is hot, but covered with a sour sweat, having an offensive odour; the pulse is round and full; the urine turbid; but the head is unaffected. Palpitation, and continued pain in the heart, are unfavourable symptoms. The inflammation is liable to metastasis from one joint to another, or to other fibrous structures, as the *pericardium*, the valves of the heart, etc. (See also under 'Gout.')

Muscular Rheumatism includes—*Lumbago* (see the next Section); *Pleurodynia* or *False Pleurisy*—rheumatism of the muscles of the chest; *Crick-in-the-neck*—when the cervical muscles are affected; etc. The treatment, however, is nearly the same in the different varieties.

CAUSES.—Exposure to cold and wet; sudden suppression of perspiration; and especially *evaporation* from wet clothes, causing chill. It occurs most often in young people, from twenty to thirty years of age, or younger. Joints which have been sprained, long and excessively exercised, or otherwise impaired, are particularly prone to suffer.

TREATMENT.—*Aconitum*.—Acute rheumatism, chiefly at the commencement; violent shooting or tearing pains, aggravated by touch; swelling and redness of the affected parts; impaired appetite; high-coloured and scanty urine, and other febrile symptoms. A dose every second or third hour.

Bryonia.—Lancinating or stitching muscular pains, *worse on movement or touch*; rheumatism affecting the joints and muscles of the chest, causing catching or painful breathing (*false pleurisy*).

Rhus Tox.—*Pains worse during rest*, the patient constantly turning about for ease, yet finding little; deep, tearing, or bruised pains; rheumatism from getting wet, aggravated by damp or cold weather.

Mercurius.—Puffy swelling of the affected parts; the pains seem to be in the bones, and are worse with warmth and at night; *profuse perspiration* without relief.

Pulsatilla.—*Wandering rheumatism*; rheumatism relieved by *cold*; sensation of torpor in the limbs; pale face; diarrhoea, etc.

Sulphur.—Rheumatism in scrofulous patients; and after other remedies to complete the cure; also as an intercurrent remedy in obstinate cases.

ACCESSORY MEANS.—During the fever, the patient should remain in bed, and the diet be restricted to water, milk-and-water, barley-water, gruel, etc. Warm-baths, or hot compresses, are both useful and comforting. *Wet-packing* of the whole body, see pages 69, 70, or of the affected parts, according to circumstances, is a most useful adjunct.

Chronic Rheumatism.—Chronic rheumatism

requires similar remedies to the acute form: *Bry.* and *Rhus Tox.* being the chief; the former when the joints are mostly affected, and all movement is painful; the latter when the pain is worse during rest, but relieved by continuous motion. *Merc.* may also be required. Persons liable to rheumatism should wear flannel and warm clothing generally, and avoid damp and cold. Warm-, salt-, vapour-, or hot-air-baths are useful. After the use of warm bathing, cold should be gradually tried, as it tends to prevent subsequent attacks. Frictions, with *Arnica* or *Rhus* Liniments, are beneficial in local and limited forms of rheumatism. Errors in diet should be guarded against, as attacks are very likely to follow derangement of the digestive organs.

15.—Lumbago*—Pains in the Loins.

Rheumatism of the muscles of the back, on one or both sides of the loins, the pain being increased by movement of the back.

Aconitum.—Sudden and acute cases, especially in alternation with *Rhus Tox.*

* See under 'Rheumatism,' page 113.

Rhus Tox.—Chronic Lumbago; pains worse during repose, and at night; and when the disease has arisen from getting wet.

Bryonia.—Intense pains, causing the patient to walk stooping, increased by movement or a draught of air, with shivering or biliousness.

A Liniment medicated with *Rhus* or *Arn.*, and rubbed into the affected parts, is very useful.

16.—Gout (*Podagra*).

The ancient name of this complaint—*podagra*, foot-pain—indicates the parts usually first affected.

CAUSES.—Gout generally occurs in elderly persons who live luxuriously, and suffer much from heartburn, and other symptoms of *acid dyspepsia*.

Distinctions between Gout and Rheumatism.

1. Gout rarely occurs till about or after the middle period of life; rheumatism attacks the young.

2. Gout chiefly affects the small joints—the metatarsal joint of the great toe for instance; rheumatism the large joints.

3. Gout is often associated with chalk-stones (*urate of soda*); rheumatism is not.

4. Gout is decidedly hereditary; rheumatism is less so.

5. Gout is not attended with profuse acid sweats; rheumatism is.

6. Gout is often the punishment of the luxurious and indolent; rheumatism is rather the lot of the hard-working and the exposed.

TREATMENT.—*Aconitum*.—Fever symptoms, especially at the commencement, and in plethoric patients.

Nux Vomica.—Attacks traceable to stimulants or luxurious living, with indigestion or irregular action of the bowels.

Bryonia.—Gout implicating the chest, or with biliary symptoms; pains increased by movement.

Ant. Crud., *Colch.*, *Led.*, etc. Acetic Acid has also been recommended.*

ACCESSORY MEANS.—Flannels, or *spongio-piline*, after immersion in hot water, often do good.

PREVENTIVE TREATMENT.—The patient should be well nourished, but the consumption of animal

* See *Hom. World*, vol. iv., p. 74.

food diminished, and the tendency to acidity of the stomach guarded against by avoiding pastry, indigestible, highly-seasoned, or greasy food, twice-cooked meat, raw vegetables, and stimulants. Moderate and regular exercise in the open-air, and the sponge-bath every morning.

17.—**Phthisis Pulmonalis—Scrofulous Consumption.**

Phthisis (from *this* to consume), is a disease of the constitution, in which there are deposited in the lungs certain morbid bodies called *tubercles*, and in which the processes of suppuration and ulceration are set up for their discharge. Although no period of life is exempt, phthisis is most frequent in the course of youth, especially from the 18th to the 22nd year, and, of all the diseases that claim our attention, is the one that has proved the most destructive of human life. When once fully developed it is generally supposed to be incurable; but in the early stages of the disease, while the tubercles are yet small and but slightly irritated, our preventive and remedial measures may be brought to bear with much hope of success.

SYMPTOMS.—The *early* symptoms of consumption are obscure, and consist chiefly of—cough; shortness of breath on moderate exertion; wandering, irregular pains, and constriction about the chest; excessive sensitiveness of the lungs to cold air; impaired digestion; debility and loss of flesh without any assignable cause; hæmoptysis; flushing of the cheeks, and quickening of the pulse in the evening, followed by disturbed sleep, and early morning perspirations.

Spitting or coughing up of blood generally takes place, and often gives the first intimation of the real nature of the malady, and its occurrence before or soon after the setting in of a cough, always indicates danger. As the disease advances, breathing becomes very distressing, the sputa more purulent, and exhaustion and emaciation, from impairment of the digestive functions, are now confirmed and progressive symptoms. From thickening or ulceration of the respiratory mucous membrane, huskiness or loss of voice is produced. Other organs often become implicated, especially the intestinal canal, in which a deposit of tubercles takes place, producing diarrhœa. The skin cover-

ing the parts on which the patient lies is apt to become sore and inflamed, and even to perish from the pressure of the attenuated body. *Aphtha* of the mouth, pharynx, etc., or *œdema* of the feet, ankles, and even legs, ensues, and the long and weary struggle is at last terminated by the gentle approach of death.

The *physical signs* yielded by *auscultation* and *percussion* tend to remove that uncertainty which formerly prevailed on the subject; but as these signs can only be appreciated and interpreted by a medical man, they are not further referred to in this work. All doubtful cases should be *early* submitted to professional homœopathic treatment.

CAUSES.—Tubercular phthisis is generally hereditary; it may arise in early life from an enfeebled condition of the system induced by a confined and impure atmosphere, unhealthy or too prolonged occupations, innutritious food, anxiety, etc., to which an hereditary predisposition and the scrofulous constitution powerfully contribute.

TREATMENT.—Where tubercles exist in the lungs, either in a latent or partially-developed state, we strongly recommend the following measures:—

1st.—*Highly nutritious and easily-digestible food.* The diet should be nourishing, digestible, and sufficiently abundant, including animal food once or twice daily, or, occasionally, fish, stale home-made bread, farinaceous puddings, green vegetables, mealy potatoes, milk, lightly-boiled eggs, etc. Condiments, pastry, and all articles of food that occasion nausea, eructations, or other symptoms of indigestion, are to be avoided. The diet should include *Cod-liver Oil*, in small quantities. The continued use of oil, judiciously given, controls the expectoration and night sweats, soothes the cough, and checks emaciation.

COD-LIVER OIL.—Cod-liver oil is an agent of great value in the treatment of many constitutional diseases, especially those for which it is prescribed in the different Sections of this manual, and it has often been a subject of regret that an almost insuperable repugnance to it exists in the case of many patients. This we consider due to the inferior and disgusting compounds that are generally sold, and it therefore affords us much satisfaction to be able to recommend a preparation which is not only highly nutritious, and easy of assimilation,

but really agreeable and palatable as compared with the ordinary kinds. *Möller's Norwegian Cod-liver Oil* possesses the above qualities to an extent beyond any other variety we are acquainted with, and we have consequently prescribed it exclusively for some years, and with the best results. Many patients, who were quite unable to take the common varieties, on account of the fishy or rancid flavour, experience no difficulty whatever in taking, and even relishing, Möller's oil.

2nd.—*Daily exercise in the open air*, employed in such a manner as to bring all the muscles—especially those of the chest and upper extremities—into moderate and agreeable action, and with the body in an *erect posture*, as in walking. Riding on horseback is also favourable, as affording a large amount of fresh air, the exercise not exciting great difficulty of breathing. In unfavourable weather, some of the well-contrived apparatus for arm and back exercise, especially that of the cross-bar, should be used in the house, with open windows.

3rd.—*Bathing*, followed by vigorous friction, is an important measure, and, except in confirmed

consumption, is generally beneficial. The water may be applied in the form of baths, sponging, or wet sheets, and may even include *sea-bathing*. Weak children or delicate patients may use tepid water, and gradually reduce the temperature. When admissible, the best plan is rapidly to plunge a child in water, which obviates the exposure consequent on sponging, and ensures a quick and complete reaction. A healthy action of the skin will thus be promoted, and the general circulation equalized. Cold bathing is injurious when the surface is rendered cold and pale, and the patient is left languid and dejected. In such a case warm salt baths should be first used.

4th.—*Residence* in a moderately-warm climate. Warm air soothes the trachea and bronchial tubes, and the external warmth tends to keep the blood to the surface of the body, and so obviates congestion of the lungs; and further, the warm air being rarefied, less oxygen is inspired, and less carbonic acid given off, so that less vigorous breathing is required; and, also, the liver, in the warmer climates, seems to take on some of the offices of the lungs. The climate, however, must be *dry*, as

damp is prejudicial. The writer is strongly convinced that entire change of climate, if adopted before the disease has produced irreparable changes in the lungs, is the most effective and permanent remedy. The climate of Victoria in Australia, or Cape Colony in South Africa,* is probably the best to which a patient of consumptive tendency can be sent. The following remarks of a correspondent in the *Lancet* of August 6th, 1864, are worth consideration:—

‘Information reaches me daily, showing that some men, wiser and bolder than their fellows, cross the equator to exchange the sick-room for health and fortune. There are hundreds of Englishmen, many in fair circumstances, or practising useful and lucrative handicrafts, who, but for our inclement sky, would be healthy, useful members of society. I refer especially to cases of chronic bronchitis and rheumatism, some forms of Bright’s disease, of severe dyspepsia; and, lastly, to milder or well-selected varieties of that manifold plague, consumption.

‘On the other hand, our Australian colony at least appreciates the mutual advantage likely to accrue from such emigrants. Men of this class, in return for change of climate, would bring to their adopted home capital

* See Dr. Kranz’s papers in the *Hom. World*, vols. iv. and v.

and intelligence, added to sobriety and self-restraint, such as the solemn warning of threatened disease rarely fails to inculcate.'

5th.—Lastly, *all excesses* are to be avoided, whether in the pleasures of the table, wine or liquors, business, intellectual pursuits, or in the gratification of any passion which overstimulates and fatigues the mind or body.

By the early and persevering adoption of these suggestions, and the administration of homœopathic remedies, much might be done towards the prevention of consumption, as well as for the restoration to comparative health of tuberculous persons.

We have often administered our remedies with marked and permanent benefit to consumptive patients, but do not prescribe any of them here, as the treatment should always be conducted by a physician. Experience in the treatment of a large number of private and dispensary patients enables us to encourage hope even in grave and complicated cases. In the early stages of the disease, a cure can often be effected; even when considerably advanced, life may be prolonged for

many years; and in the last stages of the disease, the patient's sufferings may be mitigated to a marked degree.*

CHAPTER III.

DISEASES OF THE NERVOUS SYSTEM.†

18.—Epilepsy (*Epilepsia*)—Falling-Sickness.

SYMPTOMS.—Sudden and complete loss of consciousness, with foaming and convulsions, followed

* For the pathology, symptoms, signs, causes, and medical, general, and preventive treatment of phthisis, see "On Consumption, with Special Reference to its Preventive Treatment," by the Author. London: Jarrold and Sons.

† From statistical returns of the Registrar-General of births, marriages, and deaths, in England and Wales, we learn that nervous diseases—congestion of the brain, apoplexy, paralysis, epilepsy, etc.—have rapidly multiplied of late years, being as three to one when compared with earlier, more simple, and less competitive times. This augmented brain affection is no doubt the result of the overtired energies and feverish excitement in which great numbers live, and of the large amount of stimulants taken to sustain that excitement.

Hence it is our honest conviction that if the suggestions contained in the present work be faithfully observed, they will

by sleep. Epilepsy means literally a *seizure*; for often in a moment the patient falls to the ground, struggling, foaming, and insensible. Sometimes a fit is preceded by depression of spirits, a gloomy

lead to the moulding afresh of our commercial and social habits; and that daily exercise and *recreation* in the open air, true temperance, a less selfish and anxious pursuit of wealth, and a knowledge of the chief causes of disease, would materially reduce the present superfluous physical and mental wear and tear, and conduce to a more healthy, because a more natural, mode of life. The more complete application of the early-closing and weekly half-holiday movements to all departments of business, benefiting alike the employer and the employed, would also greatly contribute to the diminution of diseases of the head. Having regard to the health as well as the happiness of the industrious classes, we strongly urge all employers to pay wages on Friday, and to give the weekly half-holiday on Saturday, our plea being strengthened by the experience of years, that work is better done when it is not excessive or unrelieved by recreation. Rest and out-of-door amusements are to the human frame what oil is to the wheels of the iron machine. To the whole community, then, we commend the rule, **NEVER SHOP AFTER TWELVE ON SATURDAY**, and thus help to secure for the city clerk, the busy shopman, and the toiling artisan, relief from his duties at noon on Saturday, to enjoy, amidst the scenes of nature, or in the bosom of his family, the unbending of his back and the unwrinking of his brow, and ensuring, from lighter hearts and invigorated bodies, greater diligence and better work.

mood, drowsiness, or the *aura epileptica*, a peculiar sensation, compared to a stream of warm or cold air, the trickling of water, or the creeping of an insect.

CAUSES.—Hereditary tendency; injuries or malformation of the head; local irritation; derangement of the nervous or sexual system; self-abuse; fright, or fits of rage; the irritation of worms; the sight of other epileptics; etc. The evidence of hereditary tendency exists in the fact that two or more cases of epilepsy frequently occur in the same family, far more frequently than it would do if it were a mere coincidence. Still, evidence of local irritation as a cause should be sought after, so that it may, if possible, be removed.

TREATMENT DURING A FIT.—Tight articles of clothing must be loosened, particular care being taken that there shall be no pressure on the vessels of the neck; the patient should be placed in a cool, airy place; the head and trunk slightly raised; a cork or linen pad placed between the teeth to prevent the tongue, which should be pushed back, from being bitten, and the patient

prevented as much as possible from injuring himself, without restraining him beyond what is absolutely necessary. After the fit, the patient should be allowed to sleep.

TREATMENT BETWEEN FITS.—*Belladonna*.—Great irritability of the nervous system, the patient starting at the least noise; convulsive movement of the muscles of the mouth, face, and limbs; dilated pupils, fixed or convulsed eyes, intolerance of light; stammering; congestion of blood to the head; and when an attack commences with a sensation of crawling in the upper extremities.

Ignatia.—Nervous, sensitive patients; when anxiety or grief has been an exciting cause, and there are deep sighs between or before an attack.

Nux Vomica.—Indigestion; irregular action of the bowels; great irritability between the fits, and the patient takes too little open-air exercise.

Opium.—Fits traceable to *fright*; deep, lethargic sleep between the paroxysms. Fulness of blood.

Chamomilla.—In children from gastric derangements; an attack is preceded by colicky pains, and followed by stretching of the limbs, clenching

of the thumbs, sour vomitings, paleness of one cheek and redness of the other. But true brain symptoms point to *Bell.*

Phosphorus.—Epilepsy associated with, or consequent on, self-abuse.

Cina.—From the irritation of worms.

Sulphur.—Epilepsy following a suppressed eruption or discharge; chronic cases; also as an intercurrent remedy.

Cupr. is also a good remedy in some chronic cases.

Administration.—For the premonitory symptoms, a dose every one, two, or three hours; during the intervals twice or thrice daily.

ACCESSORY MEANS.—Regular exercise and amusements, but not carried to the point of fatigue; plain, nourishing food, in moderate quantities; cold ablutions every morning. Patients with a tendency to plethora or congestion should wholly abstain from stimulants. Violent emotions, excesses of every kind, more especially sexual, must be strictly avoided.

19.—Convulsions.

CAUSES.—Irritation of the brain from pressure of a tooth upon an inflamed gum, or anything which over-excites the nervous system; disease of the brain; an insufficient supply of blood to the brain, as in badly-fed children, or an impure supply of blood, as in the eruptive fevers; the irritation of worms; fright; in suckling infants, powerful emotions of the mother; indigestion. The remote causes are, hereditary predisposition; too early or too late marriages; etc.

TREATMENT.—The clothing about the neck, chest, and body, should be loosened, the head raised, the face sprinkled with water, and plenty of fresh air admitted. A warm bath (see pages 67-8), however, is generally advisable, and a medical man should be summoned if possible.

Belladonna.—Convulsions with determination to, or inflammation of, the brain; *hot or flushed face*; dilated pupils; etc. *Bell.* is especially useful in stout children, and should be given early, and repeated every fifteen minutes for several times. A drop of the tincture in a teaspoonful of water, or one or two pilules on the tongue.

Gelsemium.—When there is spasm of the throat, threatening suffocation, and general convulsions. When the brain is the seat of the affection, and *Bell.* does not relieve, *Gels.* may be tried.

Chamomilla.—Spasmodic twitching of the eyelids and muscles of the face, one cheek red and the other pale; clenched thumbs. It is most suitable for irritable children, and in fits from disorders of the digestive functions. True brain symptoms point to *Bell.* in preference.

Opium.—Convulsions from *fright*, followed by *stupor*, laboured breathing, confined bowels.

Cuprum.—Red, bloated face; shrieking before an attack; *convulsive* movements, the paroxysm resembling an epileptic seizure, but the brain symptoms are less active than those that indicate *Bell.*

Aconitum.—*Fever*—restlessness, flushed face—and when convulsions are *threatened*.

ACCESSORY TREATMENT.—Diarrhoea during dentition, unless excessive, should not be interfered with. It may be regarded as an effort of nature to relieve congestion of the brain. ‘Keeping the head cool, and the feet warm,’ washing the patient

in cold water daily, and allowing him to be much in the open air, tend to prevent determination to the head. Purgatives are to be avoided, and the bowels regulated by suitable diet, or by homœopathic treatment. Costiveness in infancy is due to errors in diet, and if obstinate, or if worms be present, injections of water may be used. The mother or nurse should abstain from all indigestible food. For children brought up by hand, we strongly recommend *Neare's Farinaceous Food*, referred to in the article on Thrush. If prepared according to the directions, it is the most valuable diet for infants.

20.—Spasmodic Croup—Child-Crowing (*Laryngismus Stridulus*).

This affection is distinct from Croup proper, described further on, for it is a purely nervous disease, inducing *spasm of the glottis*. It occurs at the youngest age, before the end of the first dentition.

SYMPTOMS.—It comes on suddenly, usually in the night, with a spasm of the muscles of the throat, so that the child struggles to get his breath,

with a choking noise, and becomes livid in the lips. It generally occurs during dentition or irritation in the stomach and bowels. Under proper treatment the attack usually soon passes off, but sometimes it is premonitory of disease of the brain.

TREATMENT.—*Aconitum*, in alternation with *Spongia*, should be given every few minutes till improvement ensues.

*Gelsemium** is an excellent remedy when the above do not meet the case.

Administration.—The remedy may be given in drop-doses in half a teaspoonful of water every ten minutes for three or four times. After the attack is passed, the medicine should be given three or four times a day for two or three days, to prevent another attack.

ACCESSORY MEANS.—Fomentation to the throat, by means of a sponge wrung out of hot water; the warm bath (see pages 67-8); and the removal of any known exciting cause.

* Some striking cases of spasm of the glottis, cured by this remedy, are recorded in the March No. of the *Homœopathic World*, 1870.

21.—Headache.

Headache may be merely an incidental symptom of a general disease, such as indigestion, common cold, typhus, deranged menstruation, etc. ; or it may be a more or less local affection, resulting from some irritation of the cerebral nerves. The treatment of chronic headache should be regulated according to its cause, and should be conducted by a homœopathic physician.

TREATMENT.—*Belladonna*.—Throbbing, tearing pains, shooting from one point to another; fulness, pressure, and heaviness above the eyes, aggravated by noise, light, or mental efforts; congestion to the head, with redness of the face, glistening of the eyes, and excessive sensitiveness. A dose every hour until relieved; afterwards less frequently. *Bell.* is often useful after, or alternately with, *Acon.*

Aconitum.—Heat in the head from excitement, and aggravated by motion, with a sense of coldness in the rest of the body; cold water to the head gives relief; also in *headache*, with sickness, vomiting of bile, etc. In rheumatic, biliary,

and apoplectic headaches, the strong tincture of the root is recommended. A dose every half-hour or hour; but less frequently when the symptoms are modified.

Iris.—*Sick-headache*, with much vomiting of bile, pain in the forehead and right side of the head, aggravated by movement.

Nux Vomica.—Headache from intoxicating drinks, sedentary habits, too close attention to business; stupifying headache with giddiness and heaviness in the morning after unrefreshing sleep, or after meals, with other symptoms of indigestion. It is well indicated by a dark, biliary complexion, irritable disposition, and irregular action of the bowels. Headache caused by intoxicating beverages may require the strong tincture.

Pulsatilla.—From rich food, with acidity, heaviness of the head, pain on one side of it, shooting into the ears, paleness, fretfulness, and shiverings. Also in women, from suppressed period.

Bryonia.—From cold, most troublesome in the morning, or after a meal; digging or tearing pains, and a feeling as if the contents of the head would protrude on stooping. *Rheumatic head-*

ache; headache during hot weather; also with bleeding of the nose, or *torpor* of the bowels.

Opium.—Headache with *stupor*, heaviness, a wandering expression, sluggish action of the bowels, and after a *fright*.

Ignatia.—With hysteria, or from *grief*.

Chamomilla, *Coffea*, *Mercurius*, *Glonoine*, etc., are also remedies sometimes required.

PREVENTIVE TREATMENT.—An attack of headache may sometimes be warded off by a dose or two of *Nux Vomica* (if from indigestion), or of *Aconitum* (if from a cold), if taken immediately the first symptoms are observed.

GENERAL TREATMENT.—The cause should, if possible, be ascertained and removed. In cases of difficulty an observant physician can generally detect the cause, and, almost as often, point out the cure. Highly stimulating food and drink, especially spirits, strong tea, and coffee, should be avoided; there should also be regularity of meals, adaptation of clothing to the changes of the seasons, a healthy action of the bowels, and a sufficient amount of daily open-air recreation.

Sick-Headache.—This, the headache of indigestion, is erroneously called *Bilious headache*.

SYMPTOMS.—Giddiness, dizziness, swimming in the head, sickness, etc. The headache is stupefying or agonizing, generally commences in the morning, and is often confined to one spot on the side of the head, on the forehead, or over the eye.

CAUSES.—Errors in diet: indulgence in wine; sedentary habits; or it may occur in a person whose digestion has been previously impaired without any immediate dietetic infraction.

TREATMENT.—*Bry.*, *Ipec.*, *Iris*, *Puls.*, *Nux Vom.*, or *Bell.*—See the preceding Section, and that on ‘Indigestion.’

CHAPTER IV.

DISEASES OF THE EYES, EARS, AND NOSE.*

22.—Inflammation of the Eyes (*Ophthalmia*).

Ophthalmia is a general term for inflammation of the mucous membrane which lines the eyelids

* For many important diseases affecting these organs, not even mentioned in this small manual, the reader is referred to *The Vade Mecum of Modern Medicine and Surgery*.

and the front part of the eye-ball. There are several varieties, such as *Catarrhal Ophthalmia*, from cold ; *Strumous Ophthalmia*, from a strumous (*scrofulous*) habit, marked by extreme intolerance of light ; *Purulent Ophthalmia*, of several varieties, and from different causes ; *Gonorrhœal Ophthalmia*, from direct contact of gonorrhœal matter.

SYMPTOMS.—Soreness in the ball of the eye, sensation as of sand under the lids, redness of the eyes, with swelling of the vessels, itching and shooting pains, pustules and scales on the lids ; the pains increase in the evening, and on exposure to cold, and there is agglutination in the morning.

Calcarea Carbonica.—Chronic ophthalmia, in *scrofulous*, debilitated children ; secretion of mucus, causing the lids to stick together in the morning. A dose twice daily.

Hepar Sulphur.—Chronic, *scrofulous* ophthalmia, especially if much *calomel* has been administered. It is generally most beneficial after the acute symptoms have yielded to such remedies as *Acon.* and *Bell.*

Sulphur.—Frequent relapses in *scrofulous* per-

sons; or it may follow other remedies after the more urgent symptoms have subsided.

Arnica.—Inflammation from external injuries. It may be used both internally and externally.

ACCESSORY MEASURES.—If inflammation has been caused by sand, dust, lime, flies, or hairs of the lids, the irritating body should be immediately removed; and if the inflammation be considerable, a shade should be worn. To prevent the eyelids from being cemented together in the morning, they should be smeared with a little olive-oil by means of a camel's hair brush, or with simple cerate, at bed-time. The only further local application admissible in domestic practice is a piece of lint, wetted with tepid or cold water, except the *Calendula-lotion*. Patients in crowded and unhealthy towns should remove for a time to the country, where they may take daily out-of-door exercise in a pure and bracing air. The food should be plain and nourishing, the habits early and regular, and frequent bathing should be practised. Chronic, especially strumous ophthalmia, requires Cod-liver-oil (see pages 121-2). Persons predisposed to ophthalmia should guard

against unnecessary exposures during *easterly* and *north-easterly* winds.

23.—Stye on the Eyelids (*Hordeolum*).

The stye is a painful little boil projecting from the margin of the eyelids.

TREATMENT.—*Pulsatilla* is the chief remedy, and the first to be used in the absence of extensive inflammation. It will not, however, prevent a tendency to its return.

Sulphur.—To remove the tendency to recur.

Silicia and *Calcarea*.—*Scrofulous* patients, predisposed to styes; the remedies may be administered each for a week or ten days in succession, allowing an interval of two or three days between; afterwards, if necessary, the course may be repeated.

Administration.—In acute cases, every three hours; in chronic, morning and night.

AUXILIARY TREATMENT.—Fomentations of tepid water; if pus form, a bread-and-water poultice at night.

24.—Inflammation of the Ears (*Otitis*)— Earache (*Otalgia*).

SYMPTOMS.—Sudden pain, sometimes so acute as to cause delirium; tenderness and soreness; unnatural noises; deafness, or morbid sensibility to sound; more or less redness and swelling of the ear passage; etc.

CAUSES.—*Cold currents*; imperfectly drying the ear after washing; injudicious bathing; probing or syringing an inflamed ear; etc.

TREATMENT.—*Aconitum*.—Recent inflammation from cold.

Belladonna.—Tearing pains in the head, leading to delirium.

Pulsatilla.—Sticking or tearing pains in and behind the ear, swelling, and a feeling as if the ear were closed. It is specially suited to the earache of children, and after the inflammatory symptoms have been controlled by the former remedies.

Chamomilla.—Earache from cold or suppressed perspiration; stabbing, tearing pains in the ears; extreme sensitiveness, susceptibility, and irritability.

Mercurius.—Pains in the ear extending to the cheeks and teeth; discharge; swelling of the glands; etc.

Sulphur.—After the use of other remedies, as an intermediate one, or to complete the cure.

Dose and Administration.—See pages 59, 60.

ACCESSORY MEANS.—Hot fomentations, poultices, or the steam of hot water, to mitigate the pain.

25.—Running from the Ears (*Otorrhœa*).

This disease is commonly met with in scrofulous children, and should be treated professionally.

TREATMENT.—*Mercurius*.—Thick, bloody, or fetid discharge; tearing pains in the side of the head and face; swelling and tenderness of the glands about the ear; also when the complaint follows Scarlatina, Measles, Small-pox, etc. A dose thrice daily.

Hepar Sulphur is preferable if the patient has been dosed with *Mercury*.

Pulsatilla.—Simple discharge from the ear, with deafness, in non-scorfulous children.

Arsenicum.—Excoriating discharge in feeble constitutions.

Calcarea.—Tedious cases, especially in *strumous* children.

ACCESSORY MEASURES.—*Change* of air often is necessary; *country air*, in a dry, salubrious district, or, in the autumnal months, *sea-air*, is generally of marked utility. Möller's *Cod-liver oil* is also strongly recommended (see pages 121-2).

26.—Deafness (*Surditas*).

CAUSES.—Deafness is generally a symptom of some other disorder, such as inflammation of the ears, severe cold, glandular enlargement or chronic disease of the ear. It may also be occasioned by loud noises, or by the accumulation of ear-wax and other substances lodged in the ear-passage.

TREATMENT.—Deafness of recent date may generally be quickly cured by skilful homœopathic treatment; long-standing cases are often obstinate.

Pulsatilla.—Recent deafness from cold, with noises in the ears.

Mercurius.—Catarrhal deafness, with swollen

glands of the neck and throat; suddenly suppressed discharge from the nose or ears; roaring and buzzing sounds in the head. Also deafness after Small-pox.

Phosphorus.—Deafness of nervous patients, or following any nervous disorder.

Calcarea Carbonica.—Sensation as of obstruction in the ears; humming noise; throbbing; dryness of the ear, or discharge.

Nux Vomica.—Buzzing, tingling, or whistling noises, particularly whilst eating, with disordered digestion.

Administration.—In recent cases, a dose every four hours; in chronic, twice daily.

ACCESSORY MEANS.—Hard ear-wax, or any foreign substance, causing deafness, should be early removed by skilful hands, after first gently syringing the ear with warm water. All nostrums, to be dropped into the ear, should be eschewed.

27.—Bleeding from the Nose (*Epistaxis*).

Bleeding from the nose is of frequent occurrence in children; a fit of sneezing or coughing, a slight blow, severe exercise, or even the heat of

summer, often serving as the exciting cause. Bleeding from the nose also occurs in the course of many diseases, or at their termination, and often affords considerable relief. It should not be interfered with unless it is excessive, recurs too frequently, or takes place under a weak state of the system. When it arises from injuries, or in patients already reduced by disease, and is excessive, remedies should be given.

CAUSES.—Undue fulness of the blood-vessels of the head; local disease of the nostrils; or a constitutional hæmorrhagic diathesis. In men it frequently succeeds suppression of hæmorrhoidal discharge, and in young women it may be *ricarious* of the menstrual function. Under peculiar conditions of the constitution, epistaxis often occurs periodically in some adult persons, and then its cessation, without judicious treatment, may become a source of danger.

TREATMENT.—*Aconitum*.—Bleeding after being over-heated, or in plethoric persons, with fever, strong pulsations of the arteries of the temples and neck, and full and hurried pulse. A dose every twenty to thirty minutes, for several times.

Arnica.—Hæmorrhage from external violence, a blow, fall, or excessive bodily exertion, preceded by heat and itching of the nose.

Pulsatilla.—In females, from suppressed or scanty monthly discharge, *Pulsatilla* or *Bryonia*, according to the symptoms present.*

China.—If the loss of blood has been such as to weaken the patient, producing paleness, fainting, etc. A dose three or four times daily for a week or ten days. At the same time the food should be nourishing, and taken at regular hours, avoiding, of course, over-repletion.

ACCESSORY MEASURES.—So long as the hæmorrhage continues, the patient should be kept standing, that position favouring fainting, which, as before remarked, often arrests bleeding. All stimulating food and drink must be withheld, and every circumstance likely to quicken the circulation avoided.

Cold is a most successful means of arresting hæmorrhage; it may be applied to the nose or forehead by a handkerchief wetted in cold water, or by ice, or by the sudden application of cold

* See *The Lady's Manual* by the Author.

water to the neck or back, or by placing a cold key or any other iron instrument to the spine. In these latter instances, the influence of cold is not restricted to the part to which it is immediately applied ; the bleeding is arrested by the sympathetic constriction of blood-vessels which it produces in remote parts. In most cases, however, the simple plan of causing the patient to raise his arms above his head, and holding them so for a little time, promptly arrests hæmorrhage.

Plethoric patients, predisposed to this complaint, or to congestions, should lead a temperate life, avoid stimulants, use frequent ablutions of cold water, and take moderate exercise daily in the open air, avoiding at the same time sudden changes of temperature. Immoderate exertion and much stooping are injurious. Delicate persons, of spare habit, on the other hand, will be benefited by nourishing food.

CHAPTER V.

DISEASES OF THE RESPIRATORY SYSTEM.

29.—Croup (*Angina Trachealis*).

Croup proper is a peculiar inflammation of the mucous membrane of the *trachea* (wind-pipe), the vessels of which exude a fibrinous or albuminous material, which concretes and forms a false membrane. It is a serious and dangerous disease, as death may occur suddenly from convulsions, spasm of the glottis, exhaustion, the formation of a coagulum in the heart, or from the membranous growth filling up the wind-pipe, and so choking the patient. The disease should be placed under the care of a professional homœopath as quickly as possible.

SYMPOTMS.—It begins as a catarrh, with a peculiar barking cough, and afterwards, usually at night, the symptoms become aggravated, with paroxysms of dyspnœa, rapid breathing, quick, wiry pulse, thirst, *hoarse* voice, loud, *brazen* cough, and great distress, the child throwing its head back to

put the wind-pipe on the stretch. The metallic ringing-sound, heard in the inspiration and cough, has been compared to the crowing of a young cock, or to the barking of a puppy. The disease is often fatal in from two to four days.

True Croup is less frequent than *Laryngismus Stridulus*—*Spasmodic Croup* (see page 133-4), and generally occurs after the primary dentition to near puberty.

CAUSES.—Damp and unhealthy situations; sudden changes of temperature; wet feet; poor or scanty food or clothing; previous illness; etc. One attack predisposes to another.

TREATMENT.—*Aconitum*.—Great heat, thirst, short dry cough, and difficult breathing. In urgent cases, a dose every fifteen minutes; in less urgent, every one or two hours. *Aconite* is often of priceless value in the early stage of the disease; it may be given in alternation with one of the following remedies, if indicated.

Spongia.—If *Aconite* produce perspiration, but the difficult breathing continue, *Spongia* should be substituted, particularly if the breathing be laboured, loud, and wheezing, and the cough hoarse,

hollow, barking, or whistling, and worse towards evening, the patient looking anxious, pale, and as if he would be suffocated.

Hepar Sulphur.—Loose cough, having the ringing or brassy sound peculiar to croup, with a constant rattling in the chest, during which the patient tries in vain to get relief by expectoration.

Other remedies are—*Iod.*, *Kali Bromidum*, *K. Bich.*, *Brom.*

Phos. or *Carbo Veg.* is very useful in removing the hoarseness and cough which often remain after an attack of Croup.

Administration.—In severe cases, every fifteen to thirty minutes; in mild, or during improvement, every four or six hours.

ACCESSORY MEANS.—A warm bath, and hot-water applications to the throat, are highly advantageous. The feet should be kept warm, there should be no strings or tight articles round the neck, and everything avoided that would be likely to excite or irritate the patient. During an attack, as a beverage, water only is admissible. In convalescence, milk-and-water, arrowroot, gruels,

Tooth's extract of meat, (see page 64), and, gradually, more substantial food.

30.—Cold-in-the-Head—Catarrh (*Coryza*).

This is a very common complaint, and often the precursor of serious and fatal diseases. It consists of inflammation of the mucous membrane of the air-passages of the nose, throat, etc.

SYMPTOMS.—It usually comes on with slight shiverings, pain and a feeling of weight in the head, redness of the eyes, obstruction of one or both nostrils, accompanied with a discharge of thin colourless fluid. These symptoms are usually soon followed by sore throat, hoarseness, sneezing, dry cough, chilliness, general weakness, more or less fever, quick pulse, and loss of appetite.

CAUSES.—Exposure to wet, changes of temperature, insufficient clothing, and especially *deficient warmth when the body is cooling after having been heated.*

TREATMENT.—*Aconitum.*—This is a remedy of great power, and undoubtedly surpasses every other in efficacy at the beginning of a cold, or in the precursory stages of all diseases resulting from

a cold. If appropriately and early administered it will generally remove all the morbid symptoms consequent on cold, restore health, and so obviate the necessity for any other medicine ; a dose every second or third hour. If the cold has resulted in any of the diseases so often following it, *Aconitum* may be alternated with, or substituted by, one of the annexed, or some other remedy, according to the directions given in other parts of this manual.

Camphor.—This remedy is only suited to the *chill* or cold stage, when its prompt administration, in two-drop doses, every half-hour or hour, repeated several times, will often terminate the disease in the first stage. It should be chosen in preference to *Aconitum* during the chill stage, and especially when the patient has still to be exposed to changes of temperature.

Arsenicum.—*Coryza*, with copious, watery, acrid discharge, and soreness of the surrounding parts, with great lassitude ; especially for weak and wheezing patients.

Mercurius.—Running-cold, with sneezing, soreness of the nose, thick discharge, profuse perspiration ; sensitiveness to cold ; and aggravation of symptoms towards evening.

Nux Vomica.—Sense of weight and pressure in the forehead ; discharge during the day, and stoppage at night ; ‘ stuffy cold.’

Pulsatilla.—In females or children, with loss of appetite ; diminished or perverted taste and smell ; much thick yellow or green discharge from the nose ; heaviness and confusion in the head, worse in the evening, or in a warm room.

Kali Bichromicum.—Chronic catarrh, with hoarseness, tough stringy sputa, chronically inflamed or ulcerated throat, cough, etc. An additional indication is a concurrent affection of the digestive mucous membrane.

Sulphur.—Chronic catarrh, with free discharge.

ACCESSORY MEASURES.—Abstemiousness from solid food, and copious draughts of cold water, where there is much feverishness. The foot-bath (see pages 68-9) may be used before retiring to rest.

PREVENTION.—Persons liable to cold on slight exposures, should take a cold sponge-, shower-, or plunge-bath, daily, at all seasons of the year. Delicate persons may begin by using tepid water for a few days, gradually lowering the temperature till the natural coldness is reached. The

writer strongly deprecates the habit of washing in warm water. Proper clothing, regulated by the season, is of great importance for all, especially for children and young girls. Catarrhal, wheezing patients, going out on a cold day, or passing from a warm to a cold room, may use a *Respirator*. Keeping the *mouth shut*, and breathing through the nose is, however, a better protection.

31.—Hoarseness.

Hoarseness is a frequent accompaniment of a common cold.

TREATMENT.—*Aconitum*.—Dryness, roughness, and sensation of fulness in the throat, with feverishness.

Belladonna.—Hoarseness, with sense of constriction and rawness of the throat.

Mercurius.—Thick discharge from the nostrils, tickling, and burning in the throat, shivering, and disposition to perspire. The symptoms are aggravated in the evening, in the cool air, and by speaking and eating.

Hepar Sulphur.—Weak and hoarse voice;

wheezing breathing. It is indicated in old standing cases, and in persons who have taken large doses of *Mercury*.

Phosphorus.—Dryness and soreness of the throat and chest, especially in the chronic form of the affection, and for patients having a consumptive tendency.

Dulcamara.—May be of service when the affection has arisen from exposure to damp or wet.

Carbo Veg..—Obstinate chronic hoarseness, worse in damp weather, after talking, and in the evening; and for patients who have been dosed with *Mercury*.

31.—Bronchitis.

Bronchitis is inflammation of the mucous lining of the bronchial tubes, and is a *diffused disease*, extending more or less through both lungs, thus differing from cold or catarrh, which only affects the lining membrane of the nose and throat. When the upper portion of the chest is chiefly affected, patients often describe it as a '*cold in the chest*.' It most frequently occurs in old persons, although it sometimes affects children.

SYMPOTMS.—The disease begins with febrile

symptoms, headache, lassitude, and anxiety; these are soon attended with a feeling of tightness or constriction in the chest, especially the front portion; oppressed, hurried, anxious breathing, with wheezing or whistling sounds; severe cough, at first dry, then with viscid and frothy expectoration, and sometimes streaked with blood, subsequently becoming thick, yellowish, and purulent. The pulse is frequent, often weak; the urine scanty and high-coloured; the tongue foul; there are throbbing pains in the forehead, and aching pains in the eyes, aggravated by the cough; with other symptoms of fever. The usual cause of death in Bronchitis is the complete obstruction of the bronchial tubes with adhesive mucus resembling that expectorated during life. The unfavourable symptoms are—*cold perspirations* covering the skin; pale and livid cheeks and lips; cold extremities; *extreme prostration*; rattling, and a sense of suffocation in the throat; and complete insensibility, ending in death. In favourable cases, however, the disease begins to decline between the fourth and eighth day, and under suitable treatment soon disappears; or it assumes the chronic form.

CAUSES.—Exposure to cold draughts of air, to keen and cutting winds, or sudden changes of temperature ; insufficient clothing ; inhalations of dust or other irritative substances.

TREATMENT.—*Aconitum*.—A rapid and full pulse, hot skin, frontal headache, palpitation of the heart, dizziness, constipation, and other febrile symptoms. A dose every one or two hours till improvement takes place.

Kali Bich..—This remedy has great power in Bronchitis, especially when *chronic*, with accumulations of tenacious, stringy mucus, difficult to expectorate ; cough, and dyspnœa.

Ant. Tart..—Valuable in the second stage, when there is much wheezing ; sickness being induced by the great accumulation of mucus ; with paroxysms of cough, dyspnœa, palpitation, etc.

Bryonia.—Heat, soreness, and pain behind the sternum (*breast-bone*), and an irritative cough, with scanty expectoration, constituting a ‘cold on the chest.’ It is most useful when the large air-tubes are involved, and less so when the inflammation extends to the smaller ; but in diffused Bronchitis, *Ant. Tart.* is superior. *Bryonia* is very useful

in the acute attacks of children, with suffocative cough, rapid, difficult breathing, great agitation, and anxiety. Consider also *Phos.*

ADDITIONAL REMEDIES.—*Ipec.*, *Arsen.*, *Bell.*, *Carbo Veg.*, *Merc.*, *Spong.*, and *Sulph.*

For dose, etc. see pages 59-60.

DIET.—During an attack, gum-water,* barley-gruel, jelly, etc. Cold water, or toast-water, is the most appropriate drink. In elderly or feeble patients exhaustion is liable to come on, requiring nutritious support, Cod-liver-oil, etc. ; the latter is often an important item in the treatment of Bronchitis (see pages 121-2).

ACCESSORY MEASURES.—The patient should be kept in a warm atmosphere (65 to 70 degrees), which should be moistened by steam or evaporation of water. Ventilation of the apartment, however, should not be neglected. Hot linseed-meal poultices applied to the chest are beneficial, as they relieve congestion.

Chronic Bronchitis.—This form of Bronchitis is common in advanced life. The milder varieties are indicated only by habitual cough, shortness of

* See page 63.

breath, and copious expectoration. Many cases of winter cough in old people are examples of bronchial inflammation of a low, protracted character.

TREATMENT.—*Kali Bich.*, *Carbo Veg.*, *Bry.*, *Arsen.*, *Phos.*, *Hep. Sulph.*, *Ipec.*, *Lyc.*, *Calc.*, and *Sulph.*; also Cod-liver-oil. See above, and the *Materia Medica*.

PREVENTIVE MEANS.—Cold bathing in the morning is the first and most important, that form of bath being adopted which is found most useful or convenient. (See *Bathing*, pages 48-9). Another preventive is the *Beard*, which protects the respiratory passages against the effects of sudden changes of temperature. The beard is a kind of *natural respirator*, the shaving off of which is a frequent cause of acute and chronic *Bronchitis*. Can we doubt the wisdom and beneficence of the Creator in giving this ornament to the *male* sex, which is so frequently exposed to atmospheric vicissitudes, and withholding it from the *female*, who, as the *keeper at home*, requires no such appendage? Hair is an imperfect conductor of both heat and cold, and placed round the entrance to

the lungs, acts like a blanket, which is used for warmth in cold weather, or to prevent the dissolving of ice in hot weather. In many instances, the beard would protect lawyers, clergymen, and other public speakers, as also singers, from the injurious effects of rapid variations of the atmosphere, from which professional men so often suffer.

32.—Asthma (*Asthma*).

This is a spasmodic disease, recurring in paroxysms, characterised by great difficulty of breathing, a feeling of tightness across the chest, wheezing cough, and discharge of phlegm. The air tubes of the lungs are encircled by minute bands of muscular structure, which, like other muscular fibres, may be affected with spasms. These spasms contract the air-tubes, and the difficulty of breathing and the wheezing respiration are caused by the air being forced through the narrowed channels.

SYMPTOMS.—An attack often comes on suddenly at night or towards morning, attended with a distressing sense of suffocation, the patient springing up, or even flying to an opened window, wheezing

loudly, till after an uncertain time, perhaps an hour, it passes off with expectoration of mucus.

CAUSES.—Atmospheric changes; smoke, dust, gases, metallic and other particles floating in the air; certain odours, as of hay, ipecacuanha, or vapour of sulphur; irregularities of diet, especially heavy suppers; and hereditary influence. It is not peculiar to any age, children as well as adults being liable to it.

TREATMENT.—*Ipecacuanha*.—A feeling of tightness of the chest; panting and rattling as if the windpipe were full of phlegm; coldness, paleness, anxiety, and sickness. During an attack, a dose every ten or fifteen minutes; afterwards, every three or four hours.

Arsenicum. — Short, anxious, and *wheezing* breathing, aggravated at night by lying down, and upon the least movement; with attacks of suffocation, spasmodic constriction of the chest, and pale, sunken, or bluish face. It is especially required in Asthma from suppressed eruptions, and in *feeble* and *impoverished constitutions*.

Veratrum.—Violent paroxysms, with *cold perspirations*, and extreme prostration.

Nux Vomica.—Suitable for robust persons, and for attacks occurring about three or four o'clock in the morning, or after a heavy meal, or for patients of too studious habits, or addicted to stimulants.

Aconitum.—Often very useful during a paroxysm, with tumultuous action of the heart, oppressive anxiety, laboured breathing, etc.

Sulphur.—Chronic Asthma, apparently connected with some *constitutional taint*, and after the unsuccessful use of other remedies.

In obstinate cases other remedies are necessary.

ACCESSORY MEANS.—The diet should be strictly moderate, simple, and digestible, as disorders of the stomach often occasion an attack. Suppers are especially to be avoided. In some cases the food should be weighed, the meal-hours fixed, and strictly adhered to. Cold sponging, with frictions, in the morning, moderate and agreeable exercise in the open air, and a strict avoidance of the usual exciting causes, are to be observed. The atmosphere best suited to the patient depends entirely upon idiosyncracy, as some can only breathe a mountain-air, and others only in the fogs of London.

33.—Inflammation of the Lungs (*Peripneumonia*), and Pleurisy (*Pleuritis*).*

Pneumonia affects one or both lungs, or, in technical terms, is single or double. The right lung is more liable to inflammation than the left, and the lower lobes suffer oftener than the upper. In *Pleuritis*, the inflammation affects the pleura or serous membrane investing the lungs and lining the cavity of the thorax. These diseases frequently co-exist, require similar medicines, and should be treated, if possible, by a homœopathic practitioner.

SYMPTOMS.—Shivering; headache; hard, wiry pulse, about 100 in a minute, and other symptoms of fever; the breathing is hurried, the patient refuses to take a full breath, and breathing is often interrupted by a 'stitch' or 'catch,' by a cough which is short and painful, by lying on the affected side, and by pressure. This is *pleurisy*. In *pneumonia*, the skin is burning, especially about the ribs and arm-pits; there is no moisture in the nostrils, and the eyes are tearless; the breathing is much more hurried than in *pleurisy*, but there

* These diseases are treated of more fully, and separately, in *The Vade Mecum of Modern Medicine and Surgery*.

is only pain of a dull aching character ; the cough is frequent and short, and there is spitting of rusty-coloured phlegm.

CAUSES.—Atmospheric changes, sudden checking of the perspiration, mechanical injuries, etc.

TREATMENT.—*Acon.*, *Bry.*, *Bell.*, *Ant.* *Tart.*, *Phos.*, *Arn.*, etc.

Aconitum is pre-eminently suitable, either alone or in turns with other remedies, whenever inflammatory symptoms run high, and the secretory functions are suspended.

Bryonia.—Laboured, short, catching, and rapid breathing ; stinging, shooting, or burning pains in the side, aggravated by inspiration ; the cough is painful, dry, or with expectoration of glairy sputa ; the patient is irritable, restless, weary, disposed to retain the recumbent posture, etc.

Phosphorus.—Pains in the chest of a severe sticking character, excited or increased by breathing or coughing ; the breathing is short, the cough dry, or accompanied by expectoration of a rusty colour.

Antimonium Tart..—Greatly oppressed breathing ; cough attended with much rattling of mucus ;

nausea ; profuse expectoration ; violent throbings of the heart, and a feeling of suffocation.

Arsenicum.—Tedious cases, with extreme prostration of strength, and painfully oppressed breathing.

Sulphur.—When the prominent symptoms have yielded to other remedies.

GENERAL TREATMENT.—See 'Accessory Measures,' pages 61-7. External applications of heat,—hot flannels, linseed-meal poultices, etc.,—afford much relief. Bleeding in every form must be avoided.

34.—Cough (*Tussis*).

Cough, like hoarseness, is rather a symptom of some more general disease, than a disease in itself. It is often the forerunner or attendant of some of the most fatal diseases of our climate, and should, therefore, never be neglected. There are many varieties of cough, but our prescriptions are only intended for such as are common and uncomplicated. Cases that persist, in spite of one or more of the annexed remedies, should be regarded as too serious to be treated merely by the aid of books.

TREATMENT.—*Aconitum*.—A dry hard cough, accompanied with inflammatory symptoms—flushed face, headache, thirst, scanty urine, confined bowels, restlessness, etc.

Ipecacuanha.—Irritating, nervous, and spasmodic cough, attended or followed by vomiting. The chest is oppressed by the accumulation of mucus in the air vessels, rendering breathing difficult, almost to suffocation.

Belladonna.—Short, dry, hollow, convulsive cough, generally worse at night, in bed, excited by a sensation of tickling in the throat, and accompanied by flushed face and headache.

Dulcamara.—Loose cough from getting wet, with much phlegm and oppression at the chest.

Bryonia.—A hard, dry cough, attended with pain in the side, chest, and head; cough aggravated by passing from warm air to cold, or *vice versa*; loose cough, with white or yellow expectoration, sometimes streaked with blood.

Hepar Sulphur.—Irritating cough, with hoarseness and smarting in the throat, excited or aggravated by cold to the surface of the body, or exposure to atmospheric changes.

Phosphorus.—Dry cough, excited by tickling in the throat; hoarseness, and pains or soreness in the chest, with rusty-coloured, bloody, or purulent expectoration.

Chamomilla.—Coughs of children during teething, with wheezing breathing, fretfulness, etc.

Carbo Vegetabilis.—Cough on taking the least cold; obstinate hoarseness or loss of voice.

Kali Bich.—Cough, with very tough expectoration, preceded by great wheezing, accompanied with difficult breathing, and followed by dizziness.

Sulphur.—Obstinate dry cough, with tightness in the chest, and retching; loose cough, with expectoration of whitish or yellowish mucus during the day, and dry cough at night, attended with headache, spitting of blood, etc.

BEVERAGES.—Gum-water, barley-water, and other mucilaginous drinks, or if preferred, simple cold water, in small quantities, at frequent intervals; these are highly useful in almost every variety of cough.

PREVENTIVES.—Cold bathing or sponging the whole surface of the body every morning as directed under Bathing, pages 48-9. Clothing

adapted to the varying conditions of the atmosphere: see pages 49-51. Exercise, if possible, every day in the open air, *beyond the boundaries of a town or city*. Familiarity with a free atmosphere affords a security against excessive sensibility to variations of the weather. Morning air is the best: damp or confined air, or the air of crowded assemblies, should be avoided.

CHAPTER VI.

DISEASES OF THE DIGESTIVE SYSTEM.

35.—Thrush (*Aphthæ*)—Frog.

SYMPTOMS.—Small vesicles or white specks appear upon the lining membrane of the mouth, and are sometimes so connected as to form a continuous dirty, diphtheretic-like covering over the tongue, gums, palate, etc. In some forms of the disease, microscopical parasitic plants are developed in the mucous membrane, which are readily transferred to the mother's nipples. The disorder may also extend to the stomach and

bowels, setting up violent diarrhoea and such general disturbance as to require the greatest skill and care to prevent a fatal issue. In adults, the disease is the result of some constitutional malady, and is then always serious.

CAUSES.—A delicate or strumous constitution; insufficiency or unhealthy condition of the mother's milk, or an unsuitable quantity or quality of food in infants fed with the bottle or spoon (see pages 171-2); want of cleanliness; general disease.

TREATMENT. — *Borax.* — The child's mouth should be washed with a weak solution of *borax* (four grains to one ounce of water), by means of a soft brush. It has a specific power over this affection, and will cure it probably quite as well if used internally only, and if the disease is limited to the mouth, without the aid of any other remedy.

Mercurius.—Is indicated by dribbling saliva, diarrhoea, offensive breath, etc.; if administered when the white specks first appear, it is often alone sufficient. A dose every six hours, for several days.

Arsenicum.—Dark colour of the eruption; offensive odour from the mouth; extension of the

disease to the stomach and bowels; *great debility or exhausting diarrhoea*. A dose every four hours.

Carbo Vegetabilis.—This has similar indications to the last, and may be given if that remedy fails to effect more than a partial cure.

Sulphur may follow any remedy, if the latter does no further good; when the thrush has nearly subsided, to prevent a relapse; and where there are eruptions on the skin, or sour-smelling breath. A dose night and morning.

GENERAL DIRECTIONS.—Cleanliness, ventilation, fresh air, and proper diet, are essential. When thrush is due to ill health in the mother or nurse, the infant should be at once weaned, and fed with the following excellent substitute:—

NEAVE'S FARINACEOUS FOOD.*—Considerable experience in its use justifies us in recommending this as the best substitute, in the majority of cases, for the mother's milk, as well as a valuable

* *NEAVE'S FOOD for Infants and Invalids* may be procured in 1s. tins, of most homœopathic chemists: in case, however, of any difficulty being experienced in procuring a supply, it may be had freshly made—which is of great importance—from the manufacturers, J. R. NEAVE AND CO., Fordingbridge, Salisbury.

article of diet for feeble constitutions generally. Competent chemical analyses have found the preparation to contain every constituent necessary for the perfect nourishment of the infantile body; and this has been abundantly confirmed by what we have frequently observed as the result of its early and exclusive use. A great advantage in the adoption of this diet is, that any interference in the action of the bowels is altogether unnecessary, as, by varying the quantity of milk mixed with the food, the most regular action is secured. In cases in which farinaceous food cannot be tolerated, *Sugar-of-milk* may be substituted; but in most cases the intolerance is due to improper methods of preparation.

36.—Disorders of Teething (*Dentition*).

Teething is an important process in the development of a child, and in delicate children is often accompanied by various local and general symptoms of disorder, some of which are referred to under the following remedies. Other complaints, such as Constipation, Diarrhœa, Convulsions, etc., may be treated according to the

instructions given in this book, under those headings.

CAUSES OF DISORDERED DENTITION.—Excessive quantities of food, or improper food;* keeping the head too hot; local affections of the gums; strumous constitution; etc. The period at which the milk-teeth appear is important. Too early dentition taxes the constitution beyond its powers of endurance; too late dentition indicates a feeble or scrofulous constitution. In the latter cases, professional treatment should if possible be obtained.

TREATMENT.—*Aconitum*.—Heat, redness, pain, swollen gums, and restlessness. *Acon.* is often invaluable during dentition.

Chamomilla.—This may follow *Acon.* for dry cough; short breathing; fretfulness; flushed cheek; loose, green, or frothy stools. It is a sovereign remedy in many of the ailments of dentition.

Gelsemium.—Sufferings in the head, sleeplessness, cryings out, and tossing about; the feverishness is not such as to call for *Acon.* nor the head-symptoms for *Bell.*

* On food for infants, see the previous article.

Coffea.—Morbid excitability, *sleeplessness*, restlessness, and frequent changes, especially in the absence of fever.

Belladonna.—Congestion to the head, with great redness of the face; cerebral excitement; convulsive movements of the limbs; sleeping with the eyes partially open; redness of the eyes.

Calcarea.—Slow or late dentition, especially in scrofulous children subject to looseness of the bowels, with loss of flesh and strength.

Silicea.—Similar symptoms to those of *Calcarea*, especially when the teeth, though on the point of coming through, are still tardy. This medicine, as also the former, generally obviates the necessity for lancing the gums. *Sil.* is valuable in rickity children.

Merc., *Kreas.*, *Ipec.*, *Nux Vom.*, *Sulph.*, etc., are also sometimes required.

ACCESSORY TREATMENT.—See pages 132-3; also the note on *Neare's Food*, page 171.

37.—Toothache (*Odontalgia*).

CAUSES.—Decayed teeth, sudden changes of temperature, indigestion, pregnancy,* or general

* See the Author's *Lady's Manual*.

ill-health. Neuralgic toothache occurs in paroxysms, and comes and goes suddenly.

TREATMENT.—If strong *Kreasote*, or *Laudanum*, has been used locally, the mouth should be thoroughly cleansed before taking any of the medicines recommended further on.

LEADING SYMPTOMS IN TOOTHACHE.—In the following classification the remedies are named in the order in which they are most frequently required :—

1. *From Cold*.—*Merc.*, *Acon.*, *Dulc.* (*from wet*), *Cham.* (*from a draught*), or *Puls.*
2. *Rheumatic Toothache*.—*Bry.*, *Merc.*, *Arn.*, *Bell.*, or *Acon.*
3. *From Decayed Teeth*.—*Merc.*, *Kreas.*
4. *Nervous Toothache*.—*Cham.*, *Coff.*, *Gels.*, or *Ign.*
5. *Pains extending to neighbouring parts*.—*Merc.*, *Bell.*, *Puls.*, or *Cham.*
6. *With Swelling of the Face or Gums*.—*Cham.*, *Merc.*, *Bell.*, or *Bry.*
7. *Toothache during Pregnancy*.—*Nux V.*, *Bell.*, *Puls.*, or *Cham.*

In Children.—*Cham.*, *Acon.*, *Calc.*, or *Ign.*

LEADING INDICATIONS.—

Mercurius.—*Decayed teeth*, with tearing pains extending over the side of the face, and to the glands and ears; pains aggravated by eating or drinking anything cold, or by cool or damp air; swelling of the face, soreness of the gums, *gum-boils*, profuse flow of saliva, perspiration, etc.

Aconitum.—Full-habited patients, with flushed face, hot, swollen gums, thirst, restlessness.

Belladonna.—Drawing, lacerating, or shooting pains, affecting several teeth, the ears, and side of the face, worse at night, in the open air, or by contact; determination of blood to the head, swelling of the cheek, etc.

Chamomilla.—Toothache from a draught, suppressed perspirations, or from mental emotions; jerking, shooting, violent pains, which affect the ear or one side of the face, are worse at night, after eating, and after taking anything hot; agitation and restlessness; swelling, and flushing of one cheek with paleness of the other. Especially suited to the *toothache of children*.

Pulsatilla.—Throbbing or digging pains, extending from the decayed tooth to the eye, with

semilateral head-ache ; the pains are *worse in a warm room*, in the evening, and in bed, but are mitigated by cold air or water. *Puls.* is most suited to mild persons, of light complexion, and to females with suppressed or scanty period.

Nux Vomica.—Toothache from sedentary habits, stimulants, or coffee, with indigestion, irregular action of the bowels, etc. The pains are worse at night, in the morning on waking, or when engaged in mental labour.

Bryonia.—Rheumatic toothache, worse in warmth, but relieved by cold applications.

Administration.—Every fifteen or twenty minutes till the pain is mitigated ; afterwards, every three or four hours. After three or four doses of any remedy have been taken without benefit, another should be selected.

ACCESSORY TREATMENT.—Brush the teeth in the morning, after eating animal food, and at bed-time. They should be brushed on their inner as well as on their outer side, and up and down, and not merely from side to side, using a medium soft brush, and the dentifrices prepared by homœopathic chemists.

The digestive organs should be maintained in a healthy condition by means of proper food and correct habits. Chewing or smoking tobacco, the habitual use of strong drinks, drugs, ice, or extremely hot food, are likely to injure teeth naturally good.

In some cases the only remedy is *extraction*, especially if the tooth be loose, much decayed, and unfit for mastication ; in other cases the pain may be speedily removed by Homœopathic remedies. If the caries be recent and slight, the decayed portion may sometimes be removed, the cavity filled with a suitable material, and thus preserved a useful member for years. A qualified dentist should be consulted.

Gum-boil.—When a gum-boil forms, hot fomentations, or the application of a roast fig to the part, inside the mouth, will relieve pain ; at the same time, *Merc.* should be taken every two or three hours.

PREVENTIVE MEANS.—The face, temples, ears, and neck should be well bathed with cold water every day, and afterwards rubbed with a dry towel ; also the mouth kept sweet and clean by

rinsing it with cold water, and *Phos.* taken once a day for several days.

38.—Sore Throat (*Dolor faucium*).

Simple soreness or swelling of the throat, uncomplicated by ulceration, quinsy, or syphilis, is a very common accompaniment of cold-in-the-head, and is generally easily curable by *Acon.*, when the throat is very dry and rough, and there is a hard dry cough; by *Bell.*, if there be great redness of the parts, with a raw or scraped sensation; or by *Merc.*, if the throat feel swollen, the glands sore or enlarged, with slight deafness. See the Section on Cold-in-the-head.

Clergyman's Sore Throat.—The following remedies are recommended for the sore throat and hoarseness to which clergymen, public speakers, and singers, are liable; in the *incipient* and *acute form*, *Acon.*, *Bell.*, *Spong.*, *Dros.*; in the *chronic*, *Hep. S.*, *Carbo Veg.*, *Kali Bich.*, *Caust.*, *Bary. C.*, *Calc.*, *Sulph.*

For the indications and general treatment, see *The Vade Mecum of Modern Medicine and Surgery*.

PREVENTION.—The morning bath; a uniform

and equable exercise of the voice; the wet compress; and the cultivation of the beard. On the latter we subjoin a few remarks.

CULTIVATION OF THE BEARD.—The beard should be permitted to grow, as it affords an excellent protection to the delicate organs of the voice of those in whom it is subjected to undue or irregular exercise. After a public address, the tissues in the vicinity of the throat become relaxed, and on leaving the place of assembly and entering the open-air, the force of the atmosphere breaks upon these parts, inducing chronic affections of the throat and bronchial tubes, while the natural respirator—the fine-flowing beard—which our Maker intended to be one of the distinguishing features of the male sex, unshorn, would have effectually protected these important parts. The hair planted on the human face by the wisdom and goodness of our Creator, has its uses, and we may add, its beauties. Let the young man, therefore, never become a slave to the false and pernicious fashion which compels him to shave off the beard, as it is found contributory to the health, if

not to the personal improvement, of those who wear it. See also under 'Bronchitis.'

39.—Quinsy (*Cynanche Tonsillaris*).

This consists of inflammation of the tonsils and of the subjacent mucous membrane.

SYMPTOMS.—Heat, redness, and rapid swelling of the tonsils, with hoarseness, severe throbbing pain, difficult swallowing and expectoration, and general fever. If prompt and skilful means be employed, the pain, swelling, and other inflammatory symptoms gradually subside; otherwise matter forms, indicated by rigors, throbbing, and darting pains, extending to the ears.

CAUSES.—The *predisposing* are, scrofulous constitution, abuse of *mercury*, and previous attacks of Quinsy; the *exciting* are, cold, atmospheric changes, wet feet, etc.

TREATMENT.—*Aconitum*.—Sore throat, with general feverish symptoms—chills, thirst, headache, dizziness, and restlessness. Generally required at the commencement.

Belladonna.—Acute, bright-red, sore throat, with heat, dryness, painful difficulty in swallowing,

flushed face, and headache. A valuable remedy, either after, or in alternation with, *Acon.*

Mercurius.—Swollen throat; copious accumulation of saliva in the mouth; swelling of the gums and of the tongue; shooting pain on swallowing; an inclination to swallow the saliva, although painful; a disagreeable taste in the mouth; fetid odour of the breath; ulcers on the sides of the mouth; pains extending from the throat to the ear.

Administration.—In acute cases, a dose every one or two hours, at first; in sub-acute, every three or four hours; during convalescence, every six or twelve hours. If swallowing be extremely difficult, or impossible, two drops of the remedy selected should be dropped on to a small piece of sugar, and placed on the tongue.

ACCESSORY MEANS.—In severe cases, a hot poultice across the throat extending nearly to each ear; in mild cases, the *throat compress*, described page 71, may be applied. Frequent *inhalation* of the steam of hot water, or a warm milk-and-water gargle, will be found soothing and useful. The patient should remain in-doors, and, in bad cases, in bed.

40.—Indigestion (*Dyspepsia*).

DIGESTION is the process which food undergoes in the stomach and other organs, for the formation of *chyle*, a milk-like liquor, from which blood is formed for repairing the continued waste of the animal body; this process goes on in health easily, quickly, and completely. INDIGESTION is a deviation from this healthy function in one or more of the qualities just named,—it may be painful, slow, or incomplete.

SYMPTOMS.—Impaired appetite; flatulence; nausea and eructations, which often bring up bitter or acid fluids; furred tongue and offensive breath, especially in the morning; confined or relaxed bowels; heartburn; pain, weight, and inconvenience or fulness after a meal; headache; palpitation; and other symptoms.

CAUSES.—Excessive eating; too short an interval between meals; irregularities in diet; food of a heavy, indigestible, fat, sour, flatulent, or bad quality; eating too quickly; imperfect mastication; warm and relaxing drinks; the use of spirituous liquors, tobacco, or the excessive use of tea or coffee; purgative drugs; too little out-of-

door exercise; excessive bodily or mental exertion; late hours; exposure to cold and damp; etc. Business, or family cares and anxieties, are also frequent causes of dyspepsia. 'The battle of life' is too often fought with almost overwhelming anxieties and disappointments, or with much mental and bodily wear and tear, and the digestive organs are often the first to suffer.

TREATMENT.—The use of medicines, and the observance of such rules and habits as are suggested a little further on, must ever go hand-in-hand; for the former, however carefully selected, will alone be unavailing in the end.

Nux Vomica.—Distension, tenderness, and fulness of the stomach after meals; heartburn, sour acid risings; flatulence; hiccough; frequent vomiting of food and bile; sour or bitter taste in the mouth; confused head, as after intoxication; sleepy, feeling indolent after a meal, and incapacity for mental or physical exertion; sallow complexion; and there may be frequent but ineffectual urging to stool. *Nux Vom.* is particularly indicated in too studious or anxious persons, of a dark or bilious complexion, who take too little open-air exercise,

eat too much, or drink alcoholic liquors. A tendency to piles is a further indication for this remedy, as also for *Sulphur*, which may often advantageously follow it.

Pulsatilla. — Disposition to mucous derangements ; *heartburn*, with acid, bitter, or putrid taste ; thickly-coated tongue, with a whitish fur ; nausea ; frequent mucous evacuations, with little pain, and chiefly at night ; indigestion from greasy or flatulent food. *Puls.* is generally best suited to women, or to mild, timid persons.

Bryonia. — Aversion to food and craving for stimulants ; waterbrash or eructations after eating ; pressure and a sensation as of a weight or stone in the stomach ; colicky pains ; stitch-like pains, extending from the pit of the stomach to the shoulder blade-bones ; torpor of the bowels ; irritable disposition.

Ant. Crud.—*The mucous membranes are loaded with mucus*, causing slow digestion with fermentation ; nausea, or vomiting of mucus or bile ; foul eructations, or tasting of the food ; escape of flatulence of a fetid odour, soon reproduced ; alternate constipation and diarrhœa ; hawking, and expect-

oration of phlegm; milky-white, thickly-coated tongue; irritability of the bladder, with mucous deposit. A further indication for this remedy is a concurrent affection of the skin,—pimples on the face, sores on the lips or nostrils, pustular eruptions, chilblains, etc.

Kali Bich. — Slow digestion; thickly-coated, yellowish tongue; bitter taste, nausea, and sour eructations. It is specially curative when the digestive and respiratory mucous membrane are simultaneously involved (*Hughes*).

China. — Indigestion from exhausting discharges, or from residence in an aguish district, with a feeling of sinking, relieved by food, but soon returning; or simple, generally painless diarrhoea, leaving the patient exhausted.

Ipecacuanha. — Simple retching and vomiting from gastric disturbance, without inflammation of the stomach or any grave affection of the mucous membrane.

Hepar Sulphuris. — Chronic indigestion; nearly all kinds of food disagree; also if *Mercury* has been used in excess.

Sulphur. — As an intercurrent remedy, when

only partial relief has followed the use of other remedies; also in chronic cases. It is more particularly required in indigestion following or associated with eruptions, piles, constipation, etc.

See also the sections on 'Headache,' 'Sick-headache,' etc.

ACCESSORY MEASURES.—Dyspeptic patients must correct all improper habits, pay strict attention to the quality and quantity of food, and the hours at which it is taken. Directions for particular cases cannot be given, as what agrees with one is often injurious to another, the rule being to select such food as is found easy of digestion. The following habits have been pointed out as requiring correction:—Eating too much at one time; eating too seldom or too often; too great a variety of food at the same meal; imperfectly chewing the food; the too hasty resuming of bodily or mental occupations after a meal; sedentary habits; neglect of personal cleanliness; habits of drinking, smoking or chewing tobacco, and opium-eating; the excessive use of tea and coffee, and eating unripe fruits and vegetables. It is espe-

cially necessary that the dyspeptic's stomach should never be overloaded.

If possible the meals should be taken regularly and with cheerful companions, avoiding reading and study, and dismissing business anxieties from the mind, which should then be free from all injurious tension. Persons much occupied should not eat full meals during the hours of toil ; a light repast is best in the middle of the day, making the principal meal at six or seven in the evening, when the work of the day is finished. Heavy meals in the hours of physical labour, without sufficient rest, is almost certain, eventually, to lead to indigestion.

In the list of articles to be avoided by the dyspeptic, we particularly notice the following : hard, dried meats ; veal, pork, sausages, salmon, lobsters, crabs, cheese, pastry, flavoured soups, new-baked bread, too much tea or coffee, or any other liquid, and all substances known to disagree. Generally, malt liquors, wines, and spirits, are injurious.

Feather beds, and too much sleep should be avoided ; the patient should retire early and rise

early ; bathe or sponge the body every morning with cold water ; and take moderate exercise daily in the open air. Further, a general cheerful and tranquil state of mind is necessary.

In addition to *Cocoa* for the morning meal, and tea for the afternoon, the moderate use of pure water is almost the only fluid required in health. This liquid, so often despised, and even considered by many as prejudicial, is one of the best means for preventing or curing indigestion. Too much cold water, however, should not be taken at meal-times.

41.—Vomiting (*Vomitus*).

CAUSES.—Indigestion, of which Vomiting is often a prominent symptom ; too much or improper food ; pregnancy ;* disease of the brain or derangement of the nervous system ; ulcer or cancer of the stomach ; obstruction of the intestines ; most of the eruptive fevers ; etc.

PROGNOSIS.—Nausea and vomiting occurring in diseases of the brain, or in epilepsy, are unfavourable indications ; in pregnancy, or hysteria, they are merely symptomatic of irritation conveyed by

* See the Author's *Lady's Manual*.

the nervous system to the stomach. If vomiting afford relief, it is a favourable indication, but if the symptoms preceding sickness be not relieved by it, but increase, the disease must be regarded as serious.

TREATMENT.—*Ipecacuanha*.—Simple copious vomiting, with an extreme sickly sensation.

Antimonium Crud.—Nausea; thickly-furred, white tongue; eructations; loss of appetite; etc.

Nux Vomica.—Vomiting, with dryness of the mouth, disturbed sleep, and constipation. It is especially indicated when vomiting follows the use of strong drink, indulgence at table, or late or irregular hours.

Arsenicum.—*Burning* in the stomach and throat, excessive *weakness*, purging, coldness of the hands and feet, etc. This remedy generally gives great relief in malignant or cancerous disease of the stomach.

ACCESSORY MEANS.—In violent vomiting and long-continued retching, sucking small pieces of ice is grateful and soothing. Liebig's extract of meat,* in small quantities, is the form of nourish-

* See foot-note, page 64.

ment best adapted to the imperfect condition of the digestive functions, till ordinary food can be taken.

42.—Sea-Sickness (*Nausea Marina*).

SYMPTOMS.—These need not be described, as they are so well known to persons embarking for the first time, especially during the early part of the voyage, and when stormy weather prevails.

CAUSE.—The motion of the vessel. The seat of the affection is in the brain, with which the stomach is in close sympathy. Persons of delicate nervous organization are subject to similar derangement from the oscillations of a carriage or the movements of a swing.

TREATMENT.—*Nux Vomica*.—The complaint may be prevented or modified by taking this remedy thrice daily, for several days previous to embarkation. It is useful also after the sickness is over; and may be alternated with *Arn.* if the muscles have been severely strained and feel sore.

Arsenicum.—After severe and prolonged sea-sickness with great weakness.

Coccus, *Veratrum*, and *Petroleum* are also

recommended. *Petroleum* is the best curative agent in our experience.

For convenience, and to prevent injury to the general stock of medicines, those likely to be required for sea-sickness should be procured in a separate case.

ACCESSORY MEANS.—For several days before embarking, indigestible food, overloading the stomach, and other irregularities should be avoided. During the early part of the voyage, unless the weather be very fine, the traveller should remain a good deal in a recumbent posture, and avoid looking at the motion of the waves. The application of broken ice, in suitable bags, down the back is said to be a preventive; but hitherto we have no experience of its value.

43.—Dysentery—Bloody Flux.

Dysentery—inflammation and ulceration of the large intestine—is most frequent and violent in India, the Chinese seas, and other hot climates.

SYMPTOMS.—This disease is generally attended with thirst, dry skin and tongue, headache, and other symptoms of fever. The most marked

symptom of dysentery is frequent, painful desire to stool, with great straining—*tenesmus*—without any evacuation, except a little mucus and blood, shreds of fibrine which the patient sometimes thinks to be the coats of his own bowels, and lumps of hardened fæces—*scybalæ*. In hot climates the attacks are acute and violent, the pain being very severe around the navel and at the bottom of the back. The bladder often sympathizes with the rectum, exciting frequent efforts to pass water.

CAUSES.—Exposure to sudden and extreme changes of temperature, as from the heat of day to the cold and damp of night; insufficient protection from cold and wet, as sleeping on the ground; intemperance; a poor or irregular diet; etc. It is therefore often epidemic among people reduced by privation, particularly soldiers in camps. The effluvia from dysenteric evacuations are infectious, and consequently a cause of spreading the disease. From its being an attendant on war—a practice both old and universal—it is the most anciently described of all diseases.

TREATMENT.—*Aconitum*.—If febrile symptoms are well marked, the early use of this remedy

often arrests the disease at its onset. It should be administered several times, at short intervals.

Mercurius Corrosivus.—Bloody evacuations, with pain and extremely severe straining.

Colocynth.—This is often required after *Merc.*, especially when the colicky pains occur periodically, are very severe, and the discharges are mixed with green matter or lumps. If *Merc.* has not been previously administered, it may be alternated with *Coloc.*

Arsenicum.—Burning pain with the evacuations; excessive weakness; coldness of the extremities; cold breath; fæces and urine putrid, offensive, and often involuntary.

Ipecacuanha.—Autumnal dysentery, with nausea, severe straining, and colic; the evacuations are first slimy, afterwards bloody. Often advantageously alternated with *Bryonia*.

Administration.—In severe cases, a dose every twenty or thirty minutes; in mild, every two or three hours.

ACCESSORY MEANS.—The patient should maintain a reclining posture in bed, in a well ventilated apartment, and in severe cases use the bed-pan

instead of getting up. Local applications afford great relief, the best of which is the *cold compress*, *i.e.*, two folds of linen, or a napkin, wrung out after immersion in cold water, and applied over the bowels, covered with oiled-silk, and secured by a flannel bandage round the whole abdomen. If the pains are very severe, flannels wrung out of *hot water* should be applied over the abdomen, a second hot flannel being ready when the first is removed. The best beverages are: cold water, gum-water, milk, etc.; the diet should be restricted to arrowroot, cocoa, broths, ripe grapes, etc. Animal food and stimulants should be withheld, except during recovery and in chronic cases, when Liebig's extract (see page 64) should be taken. Cold and sudden changes of temperature should be carefully avoided.

PREVENTION OF DYSENTERY.—The following passage by SIR THOMAS WATSON is valuable and suggestive:—
‘The remarkable decline of dysentery in this Metropolis has been contemporary with that of some other severe disorders, and is due to the same combination of causes. For nearly two centuries we have had no plague among us. *Agues*, formerly very rife in London, have almost disappeared. *Continued fevers*, which used to break out

annually in hot weather, are comparatively unfrequent. I believe that we may trace these great blessings to an event which was regarded by many, at the time, as a national judgment—I mean the great fire, that in 1666 consumed everything between Temple Bar and the Tower. The streets and houses thus destroyed had been filthy in the extreme, close, densely crowded, and consequently most unhealthy. The impurity of the air excited, perhaps, some maladies, and it certainly predisposed those who dwelt in it to various kinds of disease, “the seeds of which,” says Dr. Heberden, “like those of vegetables, will only spring up and thrive when they fall upon a soil convenient for their growth.” To the better construction of the houses and of the streets in the rebuilt city, to the increased means of ventilation, to the general formation of drains and sewers, to the more copious supply of water, and to the more temperate and cleanly habits of the people, we may fairly ascribe our present comparative exemption from dysentery, from ague and continued fever, which are often the parents of dysentery, and from the plague itself.’

44.—Rupture (*Hernia*)—and Strangulated Hernia.

NATURE.—Rupture is a protusion of some portion of the intestines through the walls of the abdomen, causing a swelling. If such a portion of

the intestine become constricted in any way, so that the contents of the bowel cannot pass onwards and the circulation of blood is impeded, it is said to be *strangulated*.

SYMPTOMS.—A painful, tense, and incompressible swelling; flatulence, and colicky pains; desire to go to stool, and inability to pass anything, unless there be faecal matter in the bowel below the rupture. If relief be not obtained, inflammation sets in, with vomiting, extreme pain, small wiry pulse, etc. ; and finally, mortification, with cessation of pain, and death.

CAUSES.—*Predisposing—weakness of the abdominal walls from disease, injury, or congenital deficiency.* *Exciting causes—violent exertion, as in lifting; immoderate straining, as in passing urine through a stricture, or in relieving the bowels.*

TREATMENT.—No time should be lost; if there be no medical man at hand, the tumour should be pushed back into the abdomen, as the patient lies with his legs drawn up, and the hips raised. If not quickly successful, lay the patient on a *board*, placed so as to form a *steep inclined plane*, the pa-

tient's feet and hips being very much higher than his head ; he should be firmly held in this posture by an assistant, when, by pressure on the swelling, and often without any, the bowels will fall towards the chest, drawing with them the constricted portion. If the rupture resist these measures, the best surgeon within reach should be *immediately* sent for.

To prevent a recurrence a suitable truss should be worn ; and as it is important that the truss be exactly adapted to the case, a medical man should be consulted in the matter.

45.—Worms (*Helminthia*).

Intestinal worms being the products of certain morbid states, the treatment should be directed against the disease itself, rather than against the product it engenders. The effect of most allopathic remedies is, at the best, to excite a discharge of the worms, without correcting the morbid condition on which their existence and reproduction depend.

VARIETIES.—There are three chief species of worms which infest the human body, viz., *Oxyuris*

Vermicularis, Ascaris Lumbricoides, and Tænia Solium.

1.—The *Oxyuris Vermicularis*, or thread-worm, infests the *rectum* (lower bowel). It is small, about a quarter to half an inch long, occurs chiefly in children, and occasions much local irritation. The chief *symptom* is an intolerable creeping itching within and about the anus in the evening, aggravated by the warmth of bed; also picking of the nose, fetid breath, depraved appetite, and disturbed sleep.

2.—The *Ascaris Lumbricoides*, or round-worm, also exists in children, its habitat being the small intestines, where it feeds on the *chyle*, and attains a length of six to twelve inches. The *symptoms*, often obscure, are—pains in the belly, fretfulness, grinding of the teeth, disturbed sleep, or convulsive attacks; also itching of the nose and anus. The child becomes sallow, its limbs waste, but its belly is enlarged, hot, and tense; the appetite is uncertain, often voracious; the breath is offensive; and the stools contain much slimy mucus. The worms sometimes travel upwards into the stomach

and are vomited, or downwards into the colon and are passed with the stools.

3.—The *Tænia Solium*, or tape-worm, is nearly white, flattened, and of a jointed structure; it attains a great length, even many yards, by repetition of the joints; and exists both in adults and children. The *symptoms* being masked, its presence is often unsuspected until portions are passed in the motions, the head still remaining. There is seldom more than one worm present at a time, yet each joint possesses an ovary, and its eggs are millions, but they are discharged with faeces, and devoured by unclean animals—swine, ducks, and rats; in these creatures they become developed, but not necessarily into tape-worms, for they appear to go through several generations before returning to the jointed form. They are probably introduced into the human body by eating unwholesome animal food, especially tripe and sausage-skins imperfectly cooked. The ova sometimes reach the circulation, and in the liver or other organs are developed into encysted *Entozoa*, commonly called *Hydatids*.

GENERAL SYMPTOMS OF WORMS.—Sudden

changes in the colour of the face; dark semi-circles under the eyes; copious flow of saliva; nausea; insipid, acid, or fetid odour of the breath; a voracious, alternating with a poor, appetite; itching of the anus; talking, and grinding the teeth during sleep; thick and whitish urine; tightness and swelling of the lower part of the abdomen; frequently emaciation; and, sometimes, convulsions, delirium, etc. Perhaps the only irrefragable sign is the presence of worms in the stools, or in the matter vomited.

TREATMENT.*—*Aconitum*.—At bed-time, for fever, restlessness, and burning itching at the seat.

Cina.—A valuable remedy for the condition producing thread-worms or round-worms, with the following symptoms:—boring at the nose, livid circles round the eyes, tossing about, or calling out suddenly, during sleep, epilepsy or convulsions, nausea and vomiting, griping, itching at the anus, and white and thick urine, sometimes passed involuntarily.

* In addition to the treatment here prescribed, the tape-worm requires other remedies, and often in large doses.

Mercurius.—Diarrhœa, slimy stools, distension of the abdomen, difficult teething, and augmented secretion of saliva.

Nux Vomica.—For both thread- and round-worms, hard stools, and after indigestible food.

Ignatia.—Intense itching at the seat, nervousness, epileptiform attacks, etc., especially in mild, sensitive persons.

Sulphur.—For worm-colic, and after the prominent symptoms have disappeared, to complete the cure.

Calcarea.—After discontinuing the other remedies, in patients having an hereditary predisposition to worms, and with scrofulous symptoms.

ACCESSORY MEANS.—The food should be simple, easy of digestion, and taken only at regular hours; and pastry, sugar, sweetmeats, and sweet-made dishes strictly avoided. Salt, as a condiment, should be taken with the food. A draught of spring-water should be swallowed on rising, and the whole body, the abdomen in particular, bathed with cold water in the morning, and afterwards rubbed till the whole skin is in a glow; daily

exercise taken in the open air ; also injections, as recommended in the next paragraph.

INJECTIONS.—These are most useful as means for expelling the worms ; half a pint of water, in which a spoonful of common salt has been dissolved, once or twice repeated, will often suffice to relieve a patient thus troubled. Afterwards, a simple cold or tepid injection should be used regularly about three times a week, for two or three months, to wash away the slime in which the ova exists. But the general and medicinal treatment only can be relied upon for improving the health and preventing their re-formation.

46.—Diarrhœa—Looseness of the Bowels— Purging.

Common diarrhœa is a functional disorder, consisting of frequent liquid faecal evacuations, without inflammation of the intestines.

CAUSES.—Unusual, excessive, acrid, or indigestible food, especially unripe or decaying raw fruits ; pork, veal, etc. ; putrid or diseased animal food ; atmospheric influences ; mental emotions ; etc.

Diarrhœa is often a symptom of other diseases,

as hectic and phthisis, when it is called *colliquative diarrhoea*, because it appears to melt down the substance of the body; the diarrhoea of typhoid fever; biliary diarrhoea, from excessive flow of bile, as in hot weather or after passing a gall-stone; and serous diarrhoea, with watery discharge. Looseness of the bowels is also a very common precursor of Cholera, when that disease is epidemic.

When diarrhoea arises from indigestion or dissipation, it may be regarded as an effort of nature to expel substances which might otherwise give rise to more serious disturbance.

TREATMENT.—*Camph.*, *Ant. Crud.*, *Puls.*, *Chin.*, *Cham.*, *Ipec.*, *Verat.*, and *Ars.* are the chief remedies.

Camphor.—In sudden and recent cases, with chilliness, shivering, cold creeping of the skin, severe pain in the stomach and bowels, cold face and hands, and cramps in the legs or stomach. Two drops on a small piece of loaf sugar, every twenty or thirty minutes, for three or four times.

Ant. Crud.—Watery diarrhoea, with white furred tongue, disordered stomach, nausea, and eructations.

Pulsatilla.—Mucous diarrhoea, occurring chiefly

at night, with little pain; the tongue is coated with a whitish fur; the taste is diminished or altered, and there are, generally, nausea, foul or acid eructations, etc. *Puls.* is curative in diarrhœa from eating fat or rich food.

China.—In simple summer diarrhœa this remedy is very efficacious.

Mercurius.—Green or clay-coloured stools.

Dulcamara.—Catarrhal diarrhœa, watery or yellowish, with little or no pain, traceable to damp, particularly in the summer and autumn.

Chamomilla.—Watery, bilious, or slimy stools, of a yellowish, whitish, or *greenish* colour, or resembling undigested food, *particularly during teething*. Pinching pains, sour breath, and fretfulness are additional indications.

Veratrum.—Choleraic diarrhœa, with copious watery discharges, occurring in gushes, and accompanied with severe vomiting, debility, etc.; involuntary diarrhœa.

Arsenicum.—Diarrhœa accompanied or ushered in by vomiting, with great heat of the stomach, ascending to the throat, resembling heartburn; a burning sensation attending the discharge of the

motions; coldness of the body, pallid and sunken face, and great prostration. It is chiefly suited to chronic diarrhoea, with symptoms indicating organic disease.

Administration. — A dose every one, two, or three hours, according to the violence of the symptoms, or after every motion, until relieved.

ACCESSORY MEANS.—Rest in the *recumbent* posture; warmth to the extremities; and avoidance of sudden changes of temperature. Individuals subject to diarrhoea from slight causes, and having a feeling of coldness about the body, should wear a flannel roller round the abdomen. Night air and late hours predispose to attacks. Except in severe cases, moderate out-of-door exercise should be taken daily. Mental excitement and physical excesses of every kind should be avoided.

DIET.—Food should be given cool and sparingly, consisting of light non-irritating substances,—sago, tapioca, milk, arrow-root, baked rice-puddings, white fish, etc.; bland drinks; no coffee, spices, acids, eggs, fruit, or stimulants should be allowed.

Diarrhoea in Children.—Healthy infants have

usually two or three motions in twenty-four hours. If the discharges become much more frequent, unnatural in colour, watery, and accompanied with pain, treatment is necessary.

Chamomilla.—Diarrhœa during teething, or from cold, with *colic*, crossness, and restlessness; greenish, watery, bilious, frothy, and offensive motions.

Ipecacuanha.—Summer diarrhœa, (see also under *China*, page 205), with vomiting; diarrhœa from overloading the stomach.

Pulsatilla.—Loose, greenish, bilious motions, with flatulence or griping, from indigestion, especially in fair and delicate children.

Merc., *Calcarea Carb.*, or *Dulc.*, may be required.

Administration.—A dose every two or three hours, or after every motion.

See also the Sections on *Teething*, *Worms*, and *Thrush*.

47.—*Colic (Enteralgia)*.

SYMPTOMS.—Common colic is characterised by severe twisting, griping, tearing pain round the navel, recurring in paroxysms, but relieved by

pressure, so that the patient lies on his belly, pressing his abdomen with his hands, writhing in agony. There is a frequent desire to relieve the bowels, but often nothing passes except a little flatus. Febrile symptoms, as in inflammation of the intestines (*enteritis*), are absent, and the pulse is not quickened, unless it becomes so from anxiety. The symptoms abate when vomiting, eructation, or a discharge from the bowels takes place.

CAUSES.—Cold ; a mass of heterogeneous, acrid, indigestible food ; worms ; constipation. A condition resembling colic may also arise from stricture of the intestines (*intus-susception*). *Painters' colic* arises from the poison of lead (see *The Vade Mecum of Modern Medicine and Surgery*).

TREATMENT.—The chief remedies for Colic are—*Coloc.*, *Nux Vom.*, *Bry.*, *Cham.*, and *Verat.*

Colocynthis.—Violent pains, compared to stabbing, cutting, clawing, or pinching, with diarrhoea.

Nux Vomica.—Colic from indigestible food, suppressed period, or during pregnancy, with severe contracting pains, ineffectual efforts to relieve the bowels, or alternate constipation and relaxation.

Chamomilla.—Cutting, tearing, and pinching pains; bilious or windy colic; watery, slimy, yellow or greenish diarrhoea, particularly in children.

ACCESSORY MEANS.—An injection of a pint of tepid water often gives immediate relief. Applications of heat to the abdomen, or a warm bath, are also useful measures. Persons subject to colic should avoid food of a flatulent character, wear flannel round the abdomen, and keep the feet dry.

48.—Constipation (*Constipatio*)—Confined Bowels.

A tendency to costiveness is not so grave a symptom as many persons suppose it to be; indeed, individuals thus predisposed generally live long, unless they injure themselves by purgatives; while those who are subject to frequent attacks of diarrhoea are soon debilitated, and seldom attain old age. The common idea that aperients contribute to health, not only in sickness, but also occasionally in health, and that impurities are thereby expelled from the body, is very erroneous.

The fallacy of this notion may be easily demonstrated. Let purgatives be taken for a week, and however good may have been the state of health previously, at the termination of this period all sorts of impurities will be discharged, especially after taking *jalap* and *calomel*. As this is an invariable result, even in the case of those who have never been ill, it proves that impurities are produced by those drugs.

In sickness purgatives are also most injurious. Disease weakens the whole system ; 'the bowels, therefore,' writes DR. YELDHAM, 'in common with the legs, the arms, the stomach, the brain, and every other organ, partake of the general debility, and become deprived of that power by which, in a state of health, they are enabled to discharge their proper functions. Why should they, more than the other organs, be impelled to the performance of a duty to which, at the time, they are totally unequal ?

'Again, under the process of disease, the whole vital power is devoted to the struggle which is going on in the affected part. The attention of the system is, as it were, drawn off as well from the bowels as from every other organ not immediately engaged in the contest. On this account also they remain quiescent ; and any interference with that quietude, by diverting the vital energy, weakens that force which nature requires to be undivided, to

enable her to conduct her combat with disease to a successful issue—an additional reason why purgatives should be avoided.

‘Constipation is an *effect*, not a *disease*; if it were, there might be some show of reason in the use of aperients. But being merely a temporary loss of power, we can no more restore that power by *forcing* the action of the bowels, than we can impart strength to a weakened leg by *compelling* it to walk. In the latter instance, we should instinctively rest the part, until, by the removal of the disease, motion might be resumed. The same reasoning applies with equal force to the removal of constipation. The exercise of a little patience, and the employment of judicious means for the eradication of that disordered condition on which the inaction depends, will as infallibly restore the bowels to their duty, as in every other instance the effect must cease when the cause is removed.’

CAUSES.—Sedentary habits; dissipation; an improper quality or quantity of food; the use of superfine flour; mental anxiety; diseases of the liver; exposure to the action of lead, as in painters; want of contractile power in the coats of the rectum; mechanical obstruction of the contents of the bowels; inflammatory disease of the intestines, brain, or spinal cord, or their membranes. But a frequent cause of constipation is loss of tone of the

mucous lining of the bowels from the habitual use of purgatives.

An important point will be gained if we can bring persons to consider constipation simply as a result of other causes, and a want of balance in the general system; and when measures shall be directed to the correcting of this condition as the only rational means of curing constipation.

CONSTIPATION AND OLD AGE.—Daily evacuation which, perhaps, should be the rule in youth and middle life, is an excess in advanced life, when thrice or even twice a week is often sufficient. It is desirable that this physiological fact should be known, as old persons often trouble themselves needlessly on this point.

TREATMENT.—If headache, dry tongue, hot skin, etc., co-exist with constipation, one of the following remedies may be selected.

Nux Vomica.—Frequent ineffectual inclination for stool; irregular action of the bowels; constipation, with nausea and sickness in the morning, distension and heaviness of the stomach, ill humour, fulness or pain in the head, uneasy sleep, etc. It is well adapted to constipation following

intoxicating drinks, eating too much or too great a variety of food at one time; over-study, and sedentary habits.

Bryonia.—*Torpor* of the bowels (thus differing from the ineffectual or irregular action indicating the previous remedy); constipation, with chilliness, headache, and irritability, or associated with rheumatism, or heat of the weather.

Opium.—Constipation from a general paralytic condition, leading to inertia of the intestines; obstinate constipation, with a feeling as if the anus were closed; hard, lumpy motions; headache, dizziness, dry mouth, thirst, listlessness, and dusky face; also in chronic cases, from too little out-of-door exercise.

Lycopodium.—Itching and tightness of the anus; rumbling and flatulence in the abdomen; waterbrash; heartburn; the bowels feeling warm, dry, and distended.

Sulphur.—Habitual costiveness, piles, burning and itching of the anus, etc. It is also valuable as an intercurrent remedy, and frequently aids the action of *Nux Vom*.

ACCESSORY MEASURES.—No medicines can be

of permanent benefit if the bad habits which led to the constipation are persisted in. Moderate walking exercise is useful, particularly in the morning in the country. Water* is an extremely valuable adjunct, both for internal and external use. Cold baths, especially the shower and the sitz, are strongly recommended as being easy of application. The *wet compress* at night is often an invaluable remedy; also *injections*, as recommended further on. *Regularity* in attending to the calls of nature is important; the best time to solicit the bowels to act is in the morning, usually after breakfast. By fixing the mind on this operation for a few days, the bowels will generally respond, and constipation be sometimes removed by attention to this point alone.

DIET.—Meals should be taken with regularity, animal food eaten sparingly, but vegetables and ripe fruit freely. Oatmeal porridge, with treacle, may be taken for breakfast; and *brown bread* should be preferred to *white*. If brown bread be not eaten exclusively, a little should be taken with nearly every meal; its effects will thus be more

* See the article on Water, pages 42-4.

uniformly exerted through the alimentary canal than if only taken occasionally. Strong or green tea, spirituous liquors, highly-seasoned food, and *late* suppers should be avoided.

INJECTIONS.—In obstinate and protracted constipation, and when the lower bowel is obstructed with faecal matter, either in too large masses or too hard and dry for discharge, and if the means before suggested prove ineffectual, the enema may be used as a certain means of obtaining the desired relief, while it reduces the temperature of the rectum, and removes the sensation of congestion. At the same time, the use of the enema does not interfere with the administration of any homœopathic remedy necessary to cure the disease, of which the constipation is a symptom. The injection should consist of about a pint of water, and should be carefully injected up the rectum by means of the enema syringe.* On commencing to use injections, the temperature of water for this purpose should not be lower than 72°, and gradually reduced to 64°. Unirritating

* A very useful Enema syringe, easily used by the patient himself, can be procured for about 5s. to 7s. 6d.

in its operation, and acting directly on the seat of obstruction, an injection is greatly preferable to deranging the whole alimentary tract with strong drugs, which, after the unnatural excitation, only settle back into a state of greater debility and torpor than before.

49.—**Piles** (*Hæmorrhoids*).

These consist of small tumours, sometimes outside (*external piles*) and sometimes within (*internal piles*) the opening of the lower bowel, either with or without bleeding. They vary in number, from one small intensely painful swelling, to numbers clustering together like a bunch of grapes. These swellings are attended with prickling, shooting, burning, or pressive pains, increased on going to stool, and sometimes with dull pains in the loins. Blood is often passed with the evacuations, sometimes only in drops, but at other times in considerable and even alarming quantities.

CAUSES.—Obstinate constipation; drastic purgatives; heating and stimulating food or drink; a luxurious life; sedentary habits; pressure of the enlarged womb upon the vessels of the pelvis

during pregnancy;* sitting on cold stones, or on warm or soft cushions; excessive horse-exercise; and over-excitement of the sexual organs.

TREATMENT.—*Acon.*, *Ham.* *Vir.*, *Merc.*, *Nux Vom.*, *Carbo Veg.*, *Phos.*, and *Sulph.*

Nux Vomica.—A valuable remedy in almost every form of piles, especially in persons of sedentary habits, confined bowels, or addicted to the use of intoxicating drinks, strong coffee, etc. See also *Sulph.*

Sulphur.—Chronic piles, from abdominal plethora, or with itching and burning of the anus, and especially when associated with constipation. The evacuations are often mixed with blood; there is great pain, and the tumours protrude considerably, and are pushed back with difficulty; also, smarting pain in passing water. *Sulph.* is often alternated with *Nux*, the latter administered at night and the former in the morning; or *Sulph.* may follow *Nux* to complete the cure.

Arsenicum.—A burning sensation as from hot needles, and general prostration.

* For the treatment of piles during pregnancy, see the *Lady's Manual*, by the Author.

Aconitum.—Profuse discharges of blood, throbbing and inflammatory symptoms in the parts.

DIET AND ACCESSORY MEANS.—Patients should avoid highly-seasoned dishes, coffee, peppers, spices, alcoholic beverages, and all kinds of indigestible food. Light animal food, properly cooked vegetables, and ripe fruits form the most useful diet. Sedentary habits, too much standing, and the use of cushions and featherbeds are prejudicial. The pain attending *blind-piles* may be relieved by ablution with cold water, or with tepid water if that be found more agreeable. *Bleeding-piles* may be relieved by drinking half a tumbler of cold water, and then lying down for an hour. The horizontal position should be maintained as much as possible, especially for ten or fifteen minutes after an evacuation; this gives great relief, and favours recovery. An occasional injection of about half a pint to a pint of water up the lower bowel, by means of the enema syringe, acts most beneficially, by constricting the blood vessels, softening the fæces, and obviating straining at stool. The *wet compress* is also recommended as a preventive,

directly the first symptoms are noticed ; and also curatively, with the other means pointed out.

50.—Protrusion of the Bowel (*Prolapsus Ani*).

This unpleasant complaint is occasioned by long-continued constipation or diarrhœa, purgatives, straining, and laxity and delicacy of constitution. Although not confined to children, it is most frequent in them.

TREATMENT.—*Ignatia*.—This remedy is often specific, and is generally the first to be used. A dose thrice daily, for two or three days ; afterwards, night and morning.

Nux Vomica.—*Prolapsus*, with costiveness and straining at stool.

Mercurius.—*Prolapsus*, with itching, discharge of a yellowish mucus (*White-Piles*), and diarrhœa ; hard, swollen abdomen.

Lycopodium.—Obstinate cases, and when other remedies only partially cure.

Sulphur.—For similar conditions.

ACCESSORY MEANS.—When the bowel protrudes, it should be reduced by placing the child across the lap, and making pressure on the protruded

part with the fingers, previously lubricated. Bathing the parts with cold water, night and morning, and injections of water are useful. The action of the bowel in the evening, just before going to bed, should be encouraged. The diet should be wholesome and unstimulating.

51.—Chronic Enlargement of the Liver— Biliousness.

What are popularly called 'Bilious attacks,' and supposed to be due to derangements of the liver, are almost invariably symptoms arising from, and common to, Indigestion, such as—furred tongue, vomiting of bile, giddiness, sick-headache, etc. One of the following remedies, according to the particular symptoms, with a restricted, simple diet for the following twenty-four hours, and cold water *ad libitum*, will usually complete the cure:—*Nux Vom.*, *Puls.*, *Iris*, *Kali Bich.*, *Ipec.*, *Bry.*, *Merc.*, *Verat.*, or *Ars.* The whole Section on Indigestion should be consulted.

52.—Jaundice (*Icterus*).

SYMPTOMS.—Yellow tinge of the skin and whites of the eyes; bitter taste; light or clay-like mo-

tions, constipation, or, especially in children, diarrhoea; high-coloured urine, staining the linen yellow; slow pulse; dejection of spirits; and, often, febrile symptoms.

When there is an obstruction from a *gall-stone*, the sufferings are most acute; the pains come on in paroxysms, often with vomiting and hiccough.

CAUSES.—Interruption of the biliary functions, or obstruction to the elimination of bile, so that it again enters the circulation. The condition may be due to atmospheric changes, the impaction of a gall-stone, unrestrained fits of passion, etc., or dietetic errors, dissipation, etc.

TREATMENT.—*Mercurius*.—This is a valuable remedy, especially after the inflammatory symptoms have been modified by *Acon*. A dose every three or four hours.

China.—This remedy should be chosen in preference to the former for patients who have been mistreated by large doses of *Mercury*.

Chamomilla.—Jaundice in passionate or fretful patients, especially children.

Nux Vomica.—Jaundice, with costiveness, sen-

sitiveness in the region of the liver, and connected with sedentary habits or indulgence in alcohol.

Other remedies are often necessary, but domestic treatment should never be trusted to when professional can be obtained.

ACCESSORY MEANS.—Cold water, to appease thirst; Liebig's Extract of Meat (see page 64); *toasted* bread, scalded with hot sweetened water and a little sugar; roasted apples. Spongio-piline, or flannel, wrung out of hot water, relieves pain.

CHAPTER VII.

DISEASES OF THE URINARY SYSTEM.

53.—Difficulty in Urinating (*Stranguary*).

This condition often arises from causes similar to those which produce the disease considered in the next Section, and requires nearly the same remedies. It is a symptom of many diseases, is often extremely painful, and life may even be

jeopardised. The treatment should, therefore, if possible, be confided to a homœopathic physician.

TREATMENT.—*Aconitum*.—Inflammatory symptoms, often in alternation with some other remedy.

Camphor.—Spasm at the neck of the bladder, especially if caused by *Cantharides*; a drop on a piece of loaf sugar every fifteen minutes for three or four times.

Cantharis.—Urging to pass water, with cutting and tearing pains.

Nux Vomica.—Painful ineffectual urging, from the use of wine or spirits; *spasmodic stricture*.

Sulphur.—Cases complicated with piles.

Arnica.—Retention from mechanical injury, or the irritation of calculi.

ACCESSORY MEANS.—The introduction of the catheter, so often resorted to under old school treatment, is frequently superseded by the more efficient remedies we employ; still it may be necessary in some cases, and requires professional skill. External applications—warm baths, hot or cold cloths, fomentations, and injections—greatly aid the action of the medicines. Relief may often be obtained by directing the patient to step sud-

denly, with naked feet, on to the cold floor or into cold water, or a sponge, saturated with cold water, may be suddenly applied over the region of the bladder. A simple and often successful method is to plunge the hands deeply into *cold* water, and move them about as in the act of washing. The diet must be sparing, and in severe cases restricted to demulcent drinks, such as gum-water, barley-water, and gruel.

54.—Incontinence of Urine (*Enuresis*).

In this disease there may be partial or entire loss of power to retain the urine in the bladder, with frequent urging.

CAUSES.—Paralysis of the muscular fibres which surround the neck of the bladder, from injuries, tedious and protracted labours, the pressure of tumours, calculous deposits, syphilitic diseases, the irritation of worms, etc.

TREATMENT.—*Cantharis*.—Acute inflammation of the urinary organs, with irresistible desire to urinate, and discharge of only a few drops of bloody, acrid urine.

Gelsemium.—Involuntary urination from a re-

laxed or paralytic condition of the neck of the bladder.

Mercurius.—Incontinence from cold, or syphilis.

Nux Vomica.—Urine retained with difficulty or passed involuntarily, from irritability consequent on the use of alcohol.

Acon., *Bell.*, *Calc.*, *Lyco.*, and *Sulph.*, are also remedies in our list often required.

55.—Wetting the Bed (*Enuresis Nocturna*).

CAUSES.—*Irritation of worms*; too large a quantity of fluids, especially if warm and taken towards evening; improper food or drink, giving rise to *acrid urine*; *constitutional weakness*.

TREATMENT.—One or more of the following remedies. It is often obstinate, and requires professional treatment. *Acon.*, *Bell.*, *Gels.*, *Calc.*, *Canth.*, *Cina*, and *Nux*. See also Section 54.

Cina.—Enuresis from the irritation of worms.

Belladonna.—Irritability of the urinary organs, without any irritating property in the urine, especially in sensitive children with too-active brains.

ACCESSORY MEANS.—All sharp, salty, and sour articles, malt liquors, spirits, tea, and coffee,

should be avoided. Meat in moderate quantities, but little fruit and no flatulent food. Milk-and-water, or cocoa, may be taken in the morning, but nothing hot towards night. Cold water and mucilaginous drinks may be taken in moderation, as they diminish the sharpness of the urine. The patient should sleep on a hard mattress, take exercise in the open air, and have shower-baths or daily ablutions with *cold* water. The whole process of ablution, including drying with a large towel, should not occupy more than five or six minutes.

56.—Spermatorrhœa—Involuntary Emissions.

In the previous editions of this manual, the subject of this section has been incidentally mentioned under one or two medicines in the *Materia Medica*, and in the twelve years that have now elapsed since the first edition was published, the author has been consulted by many hundred persons, in various parts of the kingdom, suffering from seminal weakness, proving that the evils of this affection are wide-spread as well as serious.

The author's correspondence with patients leads him to conclude that the disease is much overlooked or under-rated by medical men generally; although, probably, in some cases his treatment has been adopted from an indisposition to consult personally a medical man in the patient's neighbourhood on such a subject.

CAUSES.—The discharge alluded to generally occurs as the result of a bad habit—*self-abuse*, either accidentally acquired, or learned from associates, especially in schools, and continued under the influence of a morbid imagination, and often in ignorance of the consequences of the vicious practice. Other causes may be—morbid conditions of the urethra, or of the rectum; sexual excesses; frequent excitation of the sexual passion; irritation from worms, piles, horse-exercise, etc.; disease of the brain or spinal marrow; etc.

EFFECTS.—The effects of spermatorrhœa are—depression of spirits, often very marked; loss or weakness of memory and of the senses; indigestion, with oppression after food, flatulence, headache, etc.; sunken eyes, and loss of the healthy tints of the lips and face, the patient looking older

than his years. If indulgence in the habit has been long-continued, the effects, which need not be here particularised, are more serious and general. Happily, a course of judicious treatment is sufficient in nearly every case to effect a cure.

TREATMENT.—The treatment, both medical and hygienic, must be varied in almost every instance, and include all available methods for establishing the constitutional strength, soothing local excitement and irritability, and forming healthy habits both of the mind and body.

The *Medical treatment* involves the administration of homœopathic remedies (only two or three are described in this work—*China*, *Phosphorus*, etc.), the selection and the doses of which can only be determined by the local and general symptoms of individual cases. An important feature in the medical treatment would be the correction of any concurrent affection with which the patient may suffer.

The *Hygienic treatment* involves influences of wide extent, associated with the commercial, social, and moral relationships of the patient, such as occupation, recreation, books, meals, sleep, bath-

ing, and mental and moral discipline. The management of these several points must be regulated according to the exigencies of each case, and involves details which cannot be described here.

Preventive Treatment.—Measures for preventing the precocious development of the sexual instincts, or keeping them in subordination, are pointed out in the Author's *Vade Mecum*, 3rd Ed. pages 447-50.

CHAPTER VIII.

DISEASES OF THE CUTANEOUS SYSTEM.

57.—Nettle-Rash (*Urticaria*).

SYMPTOMS.—Similar to those produced by nettle-stings. There are white elevations in irregular streaks or wheals, especially well marked after scratching or exposure to cold; much itching; the eruption often disappears suddenly from one part, and shows itself in another. The spots contain no fluid, and end in scaling of the skin. It is not contagious, and may trouble the same patient repeatedly.

TREATMENT.—*Apis*.—Urticaria, with stinging or burning itching, and much swelling.

Ant. Crud..—From gastric disturbances.

Dulcamara.—From cold, with much stinging.

Rhus Tox..—From eating shell-fish, etc.

Aconitum.—With feverishness.

Calcarea.—Chronic nettle-rash, especially in scrofulous patients.

GENERAL TREATMENT.—Smearing with bacon-fat, as recommended pages 75-6, gives great relief. A general warm-bath is also very soothing, and aids the cure.

A dry, uniform, and moderate temperature, plain food, exercise in the open air, cold bathing, and great cleanliness, tend to prevent a recurrence of the complaint.

58.—Itching of the Skin (*Prurigo*).

This condition consists of an eruption sometimes nearly imperceptible, which occasions the irritation.

CAUSES.—Rich, indigestible food, stimulating drinks, extreme heat or cold, a constitutional taint, chronic disease, etc.

TREATMENT.—*Sulphur*.—Severe itching, with

dryness of the skin, worse in the evening, in warmth, and in bed. This is a prominent remedy. A dose twice or thrice daily for a week.

Carbo Veg.—Obstinate cases, and when *Sulphur* only partially cures.

Aconitum.—Feverish heat and redness of the skin and thirst, the symptoms being worse at night.

Rhus Tox.—Itching and redness, with swelling and tingling.

Arsenicum.—Itching with *burning*, or an eruption emitting a small drop of watery fluid; chronic cases, with constitutional feebleness.

Calc., *Merc.*, *Hepar*, and *Puls.*, are also remedies in our list sometimes required.

ACCESSORY MEASURES.—Medicated ointments should not be used, as they might transfer the disease from the skin to some internal organ, where it would become far more serious. In severe cases temporary relief may be obtained by bathing the parts with alcohol and water, in equal proportions, or sponging the skin with a warm infusion made by pouring boiling water on bran. Very troublesome prurigo is much benefited by a

warm-bath (see pages 67-8), which is both soothing and curative ; it should be taken in the evening or when the patient has not to be again exposed to atmospheric changes, and followed next morning by the wet sheet squeezed out of cold or tepid water, rapid drying, and friction. If the irritation or eruption be limited, the use of a *wet compress* over the parts will also be beneficial, although at first it may increase the irritation. Scratching must be avoided. The skin must be strengthened by daily ablutions with cold or tepid water—sponging, shower-baths, etc. ; also by regular exercise in a bracing air. Too stimulating food or drink, pastry, fat or indigestible articles, and irregular hours of meals must be avoided. Without good hygienic measures, medicines will be of little permanent utility.

59.—Ringworm (*Herpes circinnatus*).

SYMPTOMS.—Small round vesicles, filled with clear or yellow fluid, on the head, at the roots of the hair, and on various parts of the skin. The rings or patches vary in size from a shilling to that of a crown-piece. There is much itching, and in

old-standing cases the whole scalp may be implicated ; but the general health is rarely disturbed.

SHINGLES.—When ringworm encircles the waist, it is called *Shingles* or *Zona*. It occurs in inflamed patches of clustered vesicles in the form of a band, nearly always on the right side of the body.

CAUSES.—It is an epidemic affection, but ill-health, poor food, dark, badly-ventilated dwellings, etc., favour its spread and activity.

TREATMENT.—*Rhus Tox.*—Red, painful, and irritable skin, secreting greenish matter, with nocturnal itching. A dose every four hours.

Sulphur.—Obstinate eruption, or when fresh places break out, with smarting and itching. A dose thrice daily for four or five days ; afterwards twice daily for a week or two.

Sepia, *Ars.*, *Lyc.*, *Calc.*, or *Hepar Sulph.* may sometimes be required.

GENERAL TREATMENT.—Cleanliness and change of air are of great importance. When the complaint affects the scalp, the hair should be cut short and the head washed with tepid water, using a little mild soap. The patient's towels, hair-brushes, combs, sponges, etc., should on no ac-

count be used by those unaffected. The *hair* and *head* should be well brushed, so as to excite the vital action of the skin by the friction. A nutritious diet is recommended; also an occasional tepid bath. Scrofulous, emaciated children may require a teaspoonful of *Cod-liver oil* twice a day. Sudden and extreme changes of temperature should be avoided. Popular remedies—*ink*, *tobacco-water*, etc., are dangerous.

60.—Chilblains (*Perniones*).

Chilblains consist of a low kind of inflammation of the skin, generally of the hands or feet, and are attended with itching, tingling, burning, swelling, and sometimes ulceration.

CHAPPED HANDS.—This affection consists of slight inflammation of the skin of the back of the hands, which becomes cracked or ‘chapped.’ It occurs in frosty weather, when it sometimes gives rise to much inconvenience and pain. It requires similar external treatment to *Chilblains*.

CAUSES.—Exposure to cold, damp, or to sudden changes of temperature; constitutional tendency.

TREATMENT.—*Tamus Communis*, in nearly all

cases, either removes the disease, or affords material relief. *Unbroken* chilblains should be painted morning and night with the strong *Tincture of Tamus*, or it may be used as a *lotion*. Should the skin be broken or ulcers exist, *Calendula* should be substituted for *Tamus*, and applied as a *lotion*, or in the form of *cerate*. Internal treatment is generally required for chilblains.

Arnica.—Hard, shining skin; pain and itching of the parts. At the same time the strong tincture of *Arnica* may be used externally for unbroken chilblains.

Belladonna. — Inflammation, pulsative pains, fiery redness, and swelling.

Arsenicum.—Burning pain, accompanied by ulceration, especially in emaciated children.

Sulphur.—Chilblains of a blue-red colour, with itching, aggravated by warmth. Also to remove the constitutional tendency.

ACCESSORY MEANS.—For ulceration, poultices, or other mild applications, should be applied until relieved. Pork, salted meats, and all irritating or indigestible articles of food should be excluded from the dietary. Extremes of temperature are to

be avoided, such as a cold stone floor, and warming the feet on a fender, or the hands close to the fire. After washing them, the hands should be well dried. The soreness of chapped-hands may be much mitigated by wrapping them in a water-bandage and covering them with oiled-silk on retiring to bed.

61.—**Ulcer** (*Ulcus*)—**Sores.**

Ulcers may arise from burns, bruises, inflammation, varicose veins, or constitutional disturbance. They require careful management, and many can only be successfully treated by a homœopathic practitioner.

‘The constitutions most liable to ulceration are those which are debilitated by intemperance or privations, tainted with syphilis or scrofula, or broken down by the excessive use of mercury, or in which the blood is impure from inaction of the liver, skin, and kidneys. The parts most disposed to it are those in which circulation is most languid, such as the lower extremities. On this account, tall persons are more frequently affected with ulcers than short ones.’

TREATMENT.—*Kali Bich.*—Ulcers on the leg, deep, with hard bases and overhanging edges.

Belladonna.—Painful ulcers, having an erysipelatous halo.

Arsenicum.—Ulcers with *burning pain*, easily discharging blood or thin matter, and presenting a livid appearance.

Carbo Veg. may follow, or be alternated with, *Ars.*, if the ulcer have an offensive smell.

Silicea.—Simple ulcers.

Hep Sulph., or *Sulph.*, may also be required.

GENERAL TREATMENT.—A little soft linen or lint, wetted in cold water, placed on the sore, covered with oiled-silk, and lightly bound up with a bandage; or *Calendula lotion* in the same manner. Ulcers on the legs require rest, the horizontal posture, and constitutional treatment. Open-air exercise should be taken, especially during recovery, but much standing, or sitting with the leg hanging down, is unfavourable.

62.—Boil (*Furuculus*).

An inflamed, pointed tumour, painful or tender, of a deep-red colour, terminating in suppuration. Boils generally indicate a disordered condition of

the blood, as the result of insufficient, poor, or indigestible food, anxiety, insufficient rest, etc.

TREATMENT.—*Belladonna*.—An excellent remedy for arresting a boil in its early stage, before matter has formed.

Hepar Sulphur.—Pain of a pulsative character, indicative of suppuration. *Hepar* facilitates the suppurative process.

Silicea.—Indolent boils.

Sulphur.—To prevent a recurrence of boils.

GENERAL TREATMENT. — As soon as *Hepar Sulphur* is indicated, a poultice should be applied, covered with oiled-silk, and over all, one or two thicknesses of flannel. The poultice should be kept hot and renewed until suppuration is completed. To prevent a recurrence of boils, attention must be directed to their causes. If derangement of the digestive organs be the cause, abstinence from seasoned dishes, pastry, sweet-meats, etc., is necessary; at the same time, a generous diet, including animal food once a day, should be adopted. Correct diet, cold bathing, and recreation in the open air, will go far towards eradicating a predisposition to boils.

63.—Whitlow (*Panaris*).

This is an inflammatory swelling at the end of the finger, with a tendency to suppuration.

CAUSES.—Cutting the nail to the quick; a bruise, burn, or other mechanical injury; the introduction of poisonous or acrid matter into scratches on the finger; unhealthy constitution.

TREATMENT.—*Silicea*.—This is one of the first and best remedies for whitlow, and if administered early will often prevent its maturation. If necessary, at the same time, a warm bread-and-milk poultice may be applied, and the finger held in a raised position.

Aconitum and *Belladonna*, in alternation, every three hours, if there be much pain, redness, throbbing, thirst, restlessness, etc.

Hepar Sulphur.—During suppuration.

Poultices as for Boils.

64.—Corn (*Clavus*).

CAUSES.—Long-continued pressure or friction, or both combined.

TREATMENT.—If medical treatment be required, the following remedies may be considered:—*Cal-*

area, Sulph., Silicea. A dose of the selected remedy morning and night, for a week or ten days. After waiting a few days, if necessary, the same or another remedy may be administered.

ACCESSORY MEANS.—Corns can only be eradicated by wearing easily-fitting boots and shoes, frequently washing the feet and changing the stockings. As soon as a corn appears, the surrounding skin should be softened by a warm foot-bath, the hard head of the corn gently extracted with the finger-nail, or some convenient instrument, and the thickened skin pared off with a sharp knife; the corn should then be dressed with *Arnica-lotion* (thirty drops to a wine-glassful of water), and next morning a piece of *Arnica-plaster*, or an *Arnicated corn-plaster*, having a hole punched through its centre, applied. The dressing may be repeated until the inconvenience is removed.

65.—Warts (*Verrucæ*).

TREATMENT.—*Thuja*.—The warts should be painted once or twice daily with the matrix tincture; at the same time a dilution of the same medicine may be taken internally night and

morning. The internal use of *Thuja* is especially necessary when the warts appear in crops. This course may be followed for a week or ten days, and if improvement ensues, as it often does, the treatment should be continued longer. If *Thuja* do not succeed, *Rhus Tox.* may be substituted, and used both internally and externally in the same way.

Sulphur, once a day for a week or two, is an excellent remedy for numerous and obstinate warts upon the hands. It is also useful after other medicines, to eradicate the predisposition.

CHAPTER IX.

UNCLASSIFIED DISEASES.

67.—Derbyshire Neck—Goitre (*Bronchocele*).

This is a chronic painless enlargement of the thyroid gland, attended with but little danger, unless it increases so as to interfere with swallowing and breathing. Women are more subject to it than men, in the proportion of about twelve to

one. It is commonly met with in chalky districts and mountainous countries, and in the latter is often associated with *cretinism*.

CAUSE.—The use of water which percolates through rocks of magnesian limestone. Difficult labours, uterine ailments, twists of the neck, etc., may act as *exciting causes*.

TREATMENT.—*Spongia* is useful for reducing the swelling; a dose night and morning for a week; then, after pausing a few days, the course may be repeated as often as it does good.

Calc., *Merc.* *Iod.*, *Iod.*, *Sulph.*, etc., are remedies often required. External applications of the drug used internally are often employed with good results. If indigestion or uterine disease exist, it should, if possible, be corrected.

68.—Palpitation of the Heart (*Palpitatio cordis*).

In a normal condition we are scarcely sensible of the heart's beat; when, however, its pulsations become much increased in force and frequency, the unpleasant sensation known as *palpitation* is experienced.

CAUSES.—The *predisposing* are—nervous temperament; hysteria; a full habit; and diseases of the heart. The *exciting* causes are—excessive joy, long-continued anxiety, fear, or other mental emotions; severe exertion; the excessive use of tea, coffee, and other stimulants; profuse discharges from the body; menstrual derangements; etc.

TREATMENT.—The subjoined hints are intended for simple cases, unconnected with organic disease of the heart. If possible, palpitation should always be treated by a physician.

Aconitum.—Palpitation from excitement, or in *plethoric* patients, with anxiety, coldness, numbness of the extremities, or a sensation as if the heart ceased to beat; short and hurried breathing; *hot and flushed face*.

Belladonna.—Oppression, tremor, palpitation extending to the neck and head; congested face.

Gelsemium.—Nervous palpitation.

Spigelia.—Palpitation with pain at the heart.

Ignatia.—When caused by *grief*.

Coffea.—*Wakefulness* and nervous restlessness palpitation from *joyful excitement*.

Chamomilla.—Palpitation from *passion*.

Opium.—When caused by a *fright*, with *drowsiness* and laboured breathing.

Pulsatilla.—Hysterical symptoms, and in females suffering from deranged period.

Administration.—During a sudden attack, a dose every twenty or thirty minutes; as the symptoms decline, or in mild cases, every three, six, or twelve hours.

ACCESSORY MEASURES.—The causes should be avoided. Pure air, cold water internally and externally, moderate exercise, a contented disposition, and light, nourishing, and regular diet, are excellent auxiliaries.

69.—Hæmorrhages, and Hæmorrhagic Diathesis.

The term 'hæmorrhage' means the escape of blood from those vessels in which it is naturally contained, whether the discharge be external, or into one of the internal cavities of the body. Profuse or long-continued hæmorrhages being dangerous, and the results, even after the discharge of blood has ceased, are often so serious

that it is most undesirable, except in emergencies, to trust to domestic treatment. In consideration, however, of the frequently suddenness of such occurrences, the impossibility of securing at all times the immediate attendance of a medical man, and the importance of being prepared to act promptly to afford temporary relief, we devote a short chapter to the immediate treatment of several forms of hæmorrhage of most frequent occurrence.

Hæmorrhagic Diathesis.—In some patients a predisposition to hæmorrhage exists which appears to be hereditary, and is designated the *hæmorrhagic diathesis*. This condition probably consists in defective contractility of the arteries, which may also be fragile or soft, from diseased processes, so being unable to resist the force of the circulation, especially in congestion; and in loss of coagulability of blood, from a defective or altered character of the *fibrine*, the chief agent in coagulation, and of some change in the red corpuscles. Hence the most trivial wound bleeds almost uncontrollably, and even life may be jeopardized by a slight injury or surgical operation. The hæmorrhagic diathesis may not in all cases be hereditary, but

caused by diseases of internal organs, such as the liver and spleen, which exert a deleterious influence upon the constituents of the blood. The knowledge of the existence of such a diathesis is most important, as it would materially modify the medical and surgical treatment of the patient.

70.—Spitting (*Hæmoptysis*) or Vomiting (*Hæmatemesis*) OF BLOOD, FROM RUPTURE OF A BLOOD-VESSEL.

It is not necessary here to determine whether the blood comes from the lungs or stomach, as the immediate treatment should be the same in either case. It may be stated, however, that when blood comes from the lungs it is of a *bright-red colour*, is discharged with coughing, or is hawked up, and is often frothy; but when from the stomach, it is of a dark colour, is vomited, and is sometimes mixed with food. Calmness and judgment are especially necessary, as the discharge of considerable quantities of blood is otherwise likely to cause alarm, both in the patient and his friends, and unfit them for carrying out measures necessary for recovery.

TREATMENT.—*Aconitum*.—Chiefly indicated when flushed face, palpitation, and anguish accompany the hæmorrhage; or for the premonitory symptoms in frequent attacks, such as shiverings, quick pulse, palpitation, etc. One drop of tincture, in a spoonful of water, repeated in ten or fifteen minutes, or in one, two, or three hours.

For the *immediate* treatment, see under 'Accessory Means.'

Arnica.—Hæmorrhage from a fall, blow, or severe exertion. If *inflammatory* symptoms predominate, *Arn.* and *Acon.* may be administered alternately. (*Hamamelis* is often better than *Arn.*)

Ipecacuanha.—Hæmatemesis, with paleness of the face and frequent inclination to vomit; or short cough and expectoration streaked with blood. Often useful after *Acon.*, and before the administration of *China* or *Ars.*

China.—Chiefly required after hæmorrhage, for removing the consequent debility. Its chief indications are—frequent taste of blood, shivering, flushes, dizziness, feeble pulse, cold hands or feet, fainting, etc.

Arsenicum.—Difficult breathing, extreme palpi-

tation of the heart, anguish, burning heat and thirst, small and quick pulse.

ACCESSORY MEANS.—The patient should immediately lie down on a sofa or mattress, with the head and shoulders elevated. All tight-fitting articles of dress should be removed, and the patient kept cool and quiet, and on no account be allowed to talk. There must be no crowding round him, no noise or confusion, and the room should be kept cool and airy, at about 55° Fahr. No food is for some time admissible, and the only drink that can be allowed is a little cold water or the sucking of ice. Should faintness occur, no alarm need be excited, as it is often nature's method of arresting the bleeding. After the haemorrhage has ceased, the patient must still be kept cool and quiet, and the diet be light and unstimulating, while the position of the body should be such as to favour the efflux of blood from the bleeding organ. These measures are necessary to obviate a recurrence of the symptoms. Sometimes haemorrhage is *vicarious*, as in females, when bleeding from the nose or stomach takes the place of the *menstrual* discharge. In such cases

the treatment should be directed to the establishment or restoration of the monthly period.

CAUTION.—As before suggested, the general and medicinal hints here given are only intended for cases of emergency; and the patient should be placed as quickly as possible under the care of a homœopathic physician.

71.—Bleeding from the Urinary Organs (*Hæmaturia*).

The source of the hæmorrhage may be the kidneys, the bladder, the prostate gland, or the urethra.

CAUSES.—Hæmorrhage from the kidneys may be due to the irritation of renal calculi, blows on the loins, congestion resulting from Scarlet fever, inflammation, and such diseases as Typhus, Scurvy, etc. Hæmorrhage from the prostate gland, bladder, or urethra, may be caused by the introduction of instruments, the irritation of stone, venereal disease, abuse of Spanish-fly, or by the existence of an ulcer or tumour, of which, indeed, it is often the first manifestation.

DIAGNOSIS.—Hæmorrhage from the bladder

may be recognised by the discharge taking place principally after the escape of urine; and the quantity is also greater, and often the clots are larger and more irregular, than when derived from the kidneys; the severe pain in the lumbar region, the intimate admixture of the blood with the urine, and other symptoms that accompany the bleeding from the kidney, are not present.

TREATMENT.—*Canth.*, *Camph.*, *Arnica*, *Hamamelis*, etc. See also under 'Retention of urine.'

Cantharis.—Discharge of pure blood in drops, or copiously blended with the urine, especially when associated with difficulty in passing water, scalding urine, and spasmodic pains in the region of the bowels.

Camphor.—Hæmaturia from the use of Spanish-fly (*Cantharis*), after the allopathic method of administering that poison.

Arnica.—Hæmorrhage from external violence, strains, or severe efforts. If the patient be robust, and inflammatory symptoms predominate, *Aconitum* may be alternated with this remedy. A dose every hour for several times; afterwards *Arnica* only, every four or six hours.

ACCESSORY MEANS.—Demulcent drinks—linseed-tea, gum-water, etc.—may be taken in considerable quantities. The cold compress, covered with oiled-silk, over the loins, if the hæmorrhage proceed from the kidneys, or over the whole region of the bladder, if the bleeding proceed from that organ, will mitigate the pain, and favour a more rapid cure.

72.—Hæmorrhage from the Womb— Flooding (*Metrorrhagia*).

This may occur under various conditions, many of which are of such an intricate character as to be quite unintelligible to non-professional readers; indeed, it would require a considerable treatise to describe the various functional and organic derangements of the womb of which hæmorrhage is but a symptom. We will therefore only suggest remedies and measures to be used until medical aid can be obtained, and likely to be immediately beneficial, without prescribing for the removal of the cause of the hæmorrhage.

TREATMENT.—*Aconitum*.—At the commencement of the discharge, or when the first symptoms

appear, when there is excitement, palpitation, etc., especially in full-blooded patients. A dose every hour for several times.

Ipecacuanha.—Flooding of *bright-red* blood.

Secale.—Discharge dark and offensive, with great pain, the discharge being increased by movement or coughing; loss of contractive power in the uterine fibres; pale face, coldness of the extremities, extreme weakness.

Arnica.—Either alone or in alternation with *Acon.*, when the hæmorrhage follows a fall, strain, mis-step, over-exertion, or mechanical injury.

ACCESSORY MEANS.—The patient should lie down quietly on a hard mattress, with the shoulders low and the hips raised, and move as little as possible; the mind should be kept calm, and order and quietness maintained in the apartment. In very urgent cases, cloths saturated with cold water should be suddenly applied to the vaginal orifice.

For *Bleeding from the Rectum*, see 'HÆMORRHOIDS' and 'DYSENTERY.'

CHAPTER X.

INJURIES—ACCIDENTS.*

73.—Apnœa (from Drowning).

No time should be lost. The two points to be aimed at are—immediately to *restore breathing*,

FIG. 1—INSPIRATION.



* For ampler details of treatment, and other accidents not included in this manual, consult the Author's *Vade Mecum of Modern Medicine and Surgery*.

and, next, *circulation and warmth*. The mouth should be cleansed, the tongue drawn forwards, the patient placed on the back, with the head and shoulders a little raised. Take hold of both arms above the elbows, and draw them gently and steadily upwards above the head, and keep them stretched whilst you count, one, two. *See figure 1.* This is inspiration, or filling the chest with air.

Then turn down the patient's arms, and press

FIG. 2—EXPIRATION.



Figs. 1 and 2.—To illustrate the position of the body during the employment of Dr. Sylvester's Method of restoring Breathing.

them gently and firmly against the sides of the chest while you count, one, two. *See figure 2.* This empties the chest of air (expiration).

Repeat these movements about fifteen times in a minute until natural breathing takes place.

Next try to promote circulation. Rub the limbs upwards with firm pressure, to favour the return of blood to the heart.

Promote *warmth* by the application of hot flannels, hot bottles wrapped round with flannel, heated bricks, or by any means at hand, to the pit of the stomach, the arm-pits, between the thighs, and to the soles of the feet.

If the services of a second person are available, the processes should be performed simultaneously.

74.—Burns and Scalds.

Severe injuries from burns or scalds, especially those implicating large surfaces, are very dangerous, and often fatal. The subjoined treatment has reference only to slight cases.

TREATMENT.—A most important object to be attained is immediately to cover the injured part with some suitable material that will *exclude*

atmospheric air, and which should not be removed till the cure is complete.

Carbolic Acid and Olive Oil.—One part of the *Acid* (as prepared for medicinal uses) to six parts of *Olive Oil*, is found to be invaluable in most cases, slight or severe. It is cleaner, more easy of application, and more soothing than most other remedies. One layer of lint put on at first should never be removed; this should be kept saturated by the removal of outer layers from time to time. When the wound is healed it is easily and comfortably dispensed with. As a domestic remedy, it is recommended always to be kept ready for burns and scalds, just as *Arnica*, *Calendula*, etc., are kept ready for other kinds of accidents.

Flour or Starch.—In the event of the above not being at hand, the burnt surface may be first moistened with *Cantharides-lotion* (five drops to an ounce of water); then fine wheaten flour or finely-powdered starch should be uniformly and thickly applied by an ordinary dredger, so as to form a thick crust and exclude the air. It should be repeated when any portions fall off. After having selected the local remedy, the points of greatest

importance are—its *immediate application* to the burn, the complete exclusion of atmospheric air, and the changing of the dressing as seldom as possible: not, indeed, until it has become loosened or fetid from the discharges. A *complete* change of dressing often causes pain, depression, and the detachment of portions of the new skin, and so retards the cure.

If, after the removal of the first dressing, ulcers exist, *Calendula* or *Glycerine cerate* will be a most suitable application. If there be much discharge, it should be carefully and frequently removed, and the parts kept as cleanly as possible.

Internal treatment, except in the slightest cases, is always necessary, and must be suited to the part injured, its extent, and the constitutional symptoms present. As a general rule, *Aconitum*, early, does good, by allaying febrile symptoms, mitigating pain, and moderating reaction.

75.—Bruises (*Contusions*).

TREATMENT.—In the less severe form of bruises, which alone come under domestic treatment, the

object should be to excite as speedily as possible the absorption of extravasated blood. The bruised part should, if practicable, be raised, and a warm *Arnica lotion* (one part of the tincture to ten of water) applied by means of lint saturated with the lotion, covered with oiled-silk, and secured by a bandage. A ‘*black eye*’ may generally be prevented by *Arnica lotion*, applied *immediately* after the injury.

76.—Wounds.

Wounds of the soft parts are of four kinds:—*Incised*, made by clean-cutting instruments; *punctured*, such as pricks and stabs; *lacerated*, the parts being torn and the lips of the wounds irregular; and *contused*, or bruised, the surface being broken.

TREATMENT.—The following are the chief points:—1st. *To arrest the bleeding.* In most cases, the elevation of the bleeding parts, the application of cold, moderate pressure, and the coaptation of the edges of the wound, after cleaning them, will suffice. A *Calendula lotion** will

* See *Materia Medica, Calendula.*

serve to arrest haemorrhage, and check suppuration. In severe wounds, involving *arteries*, the parts should be laid open by a surgeon, and the wounded vessels ligatured. See also further on.

2nd.—*The removal of foreign bodies.*—Dirt, hair, glass, clots of blood, etc., should be speedily removed by the fingers, forceps, or sponge and water.

3rd.—*To bring the injured parts into nice apposition.*—Any muscular fibres likely to prevent complete union should be relaxed or divided, and after the sides of the wound have been accurately adjusted, they must be kept so by strips of adhesive plaster, first applied to that side of the wound which is most moveable, and then secured to the other. But, in extensive wounds, where plaster would be insufficient, stitches should be employed.

4th.—*To promote adhesion.*—To secure this, the part should be kept at rest, and, if the injury be severe, the patient should remain in bed.

5th.—When a wound is *dressed*, say once in every twenty-four hours, a rag should be wetted with warm water, and laid over the dressing, so

that it may be removed without the risk of disturbing the surfaces which may have partially united. Often the lotion may be renewed by removing the oiled-silk only, pouring a little lotion on the rag or lint, and then replacing the oiled-silk.

6th.—*To control dangerous bleeding*, as from a sharp-cutting instrument. If the blood flow in a *steady stream*, and is *dark coloured*, it is from a vein, and can generally be checked by applying cold water, and exposing the cut surface to the cold air. But if large veins be wounded, they should be compressed with the fingers, or by a bandage. A few thicknesses of linen, with steady compression, are more efficient than heaping on a large quantity. If the blood be *bright-red*, and flows in *jets*, it is *arterial*, and the same means must be adopted as just pointed out, unless the bleeding is excessive, in which case a handkerchief should be tied round the limb, near the wound, and between it and the heart, a stick inserted under the handkerchief, and a firm compress over the course of the blood-vessel; the stick should then be twisted until it stops the circulation, and, consequently, the bleeding. But

such means are only temporary, as wounded arteries of size require to be *ligatured* by a surgeon before bleeding can be permanently arrested. If no surgeon can be obtained, a clever manipulator should grasp the wounded artery with a pair of forceps, and draw it slightly and gently forward, so that it may be securely tied by means of a strong ligature of silk.

7th.—Should a wound or bruise be followed by constitutional disturbance, fever, chills, and throbbing in the parts, internal medicines should be administered. *Arnica* (as prepared for internal use) and *Aconitum* will generally meet the requirements of such cases, and should be administered every one to three hours in alternation, for several times.

Belladonna.—Pain and swelling of the injured part.

Hepar Sulph., when suppuration is established.

Silicea, unhealthy suppuration.

77.—Foreign Bodies in the Eye.

If a particle of sand, a fly, or a hair get under the lids, the flow of tears is usually sufficient to

dislodge the substance; otherwise, it can generally be removed by wiping the eye gently with a soft, moistened handkerchief, or a feather, or by using a bent bristle, the two ends being held by the finger and thumb after the manner of forceps.

If small pieces of *flint* or *iron* are fixed in the front of the eye, they should be carefully picked out with a needle or the point of a lancet.

When the foreign body shall have been removed, a weak *Arnica lotion* may be applied to the eye on lint or soft linen.

78.—Bloodshot-Eye.

TREATMENT.—Two or three doses of *Aconitum* at intervals of about three hours. At the same time the eye should be frequently bathed with cold or tepid water. If from mechanical causes, the *Arnica-lotion* (six drops of *tincture* to a wine-glassful of water) may be used. *Arnica* may also be administered internally. If the condition be chronic, or apt to recur without mechanical injury, *Arsenicum* should be taken thrice daily for a week.

79.—Broken Bones (*Fractures*).

A few words on *broken bones* seem necessary in this manual, as a surgeon is not always immediately accessible, and it is necessary to be prepared to act till surgical attendance can be had.

SYMPTOMS.—A fractured or broken bone may generally be detected by having felt it *snap*; there is also some *deformity*, such as bending or shortening, and if the upper end of the bone be held firmly by the hand, the lower part may be moved independently; also, if the broken ends are rubbed against each other, a grating noise (*crepitus*) may be heard. There will, further, be pain, loss of power in the broken part, and other symptoms. Fracture is said to be *simple* when there is no wound of the skin communicating with it; *compound* when there is such a wound.

CAUSES.—*Mechanical violence* is the most frequent; but muscular contraction is sometimes a cause. Old age, paralysis, and some other diseases, and prolonged disuse of a limb, render bones liable to fracture from trifling causes.

IMMEDIATE TREATMENT.—The patient must be moved *gently*, and special care taken to prevent

the broken bone being forced through the flesh and skin. He should be placed on a stretcher or litter, and taken to his home or to a hospital. A litter may be made of a couple of poles and a horsecloth or sack; even a door or hurdle may serve the purpose. Placed on this, and carried by two men, is much better than removing him in a cart or carriage. It is important *not to be in a hurry*, as an injury is often greatly aggravated by carelessness or too hurried measures. When a surgeon is within a moderate distance, after making the patient as comfortable as possible, it is better to wait for him to superintend the moving.

If there be a wound in the skin and much bleeding, see 'Wounds,' pages 258-61.

When the patient has been placed on a firm bed or mattress, and the injured part examined, the surgeon will bring the broken ends of the bone into close apposition, in their natural form, and having done so, maintain them in perfect contact, and at rest, till firm union has taken place. To maintain the proper shape and length of the limb, *bandages*, *splints*, and various apparatus are required. Beyond the mere manage-

ment of such accidents, however, till he arrive, a surgeon only can treat such cases.

A BROKEN LEG should be fastened to the whole one by handkerchiefs at the ankle, and above and below the fracture, before the patient is removed.

FRACTURE OF THE FORE-ARM requires the immediate support of a sling, which may be made by a handkerchief and fastened round the neck.

BROKEN RIBS require a *flannel* bandage, about two hands broad, round the chest, and have shoulder-straps to keep it up. A rather tight-fitting bandage lessens the movement of the chest in breathing, and is a great comfort.

80.—Sprain.

TREATMENT.—In severe cases the chief point is—to keep the parts at perfect *rest*, by means of a roller nicely applied, or controlling the motions of the joint by a splint. In simple cases the application of rags, saturated with *Arnica*- or *Rhus-lotion*, and covered with oiled-silk, will hasten the cure. In all cases *Rhus*. or *Arnica* should be given internally.

When the pain and swelling subside, the joint may be partially liberated, and gentle motion

allowed; but the greatest care must be observed for several weeks in using the limb, as the injury may easily be reinduced, and then the cure becomes difficult and tedious.

81.—Fatigue and Over-exertion.

If the feet be swollen or blistered, or the ankles ache after walking, a warm foot-bath may be used, to which a teaspoonful of the strong tincture of *Arnica* has been added, the relief afforded being immediate and permanent. If the hands or wrists ache from excessive or unaccustomed exertion, they may be bathed in about a pint of water, to which twenty or thirty drops of *Arnica* have been added. If necessary, in one or two hours, the application may be repeated. In muscular fatigue from long-continued, or short but severe, exertion, affecting the hips, thighs, etc., a hip-bath, containing a drachm of the strong tincture of *Arnica* is an excellent remedy. The patient should remain in the bath about five minutes. Whatever kind of bath is used, and to whatever part applied, it should be *warm* if used in the evening or immediately after exertion, but *cold* or tepid in

the morning. Apart from the external use of *Arnica*, that remedy should always be taken internally, as it has a wonderfully therapeutic effect in such cases.

82.—Poisons.

When it is known that a deleterious substance has been swallowed, as *arsenic* and other *mineral poisons*, *opium*, *poisonous fish*, *alcohol*, etc., vomiting should be immediately excited, by tickling the back of the throat with a feather or with a finger, or if this fail, by the administration of an *emetic*. The following is a convenient emetic: mix a tea-spoonful of mustard in a teacupful (if for a child) of warm water, or a table-spoonful in a breakfast-cupful of water (if for an adult). This may be repeated as often as necessary, and followed by copious draughts of warm water, so as to empty the stomach as completely as possible.

The treatment of cases of poisoning must, however, be considerably modified according to the nature of the poison, and a medical man should be summoned immediately, while the temporary measures suggested are resorted to.

PART III.

CONCISE MATERIA MEDICA.

In this chapter we have only pointed out a few of the leading indications for the use of about forty remedies—including those in the list, page 57, and a few others which are very useful. Many, such as *Acon.*, *Nux Vom.*, *Ars.*, *Sulph.*, etc., are termed *polycrests*, or many-healing remedies—medicines possessing curative power in many diseases. For a fuller description of each the reader is referred to larger works.

In prescribing for so many complaints from such a limited list of remedies, it is necessary to remark that the Homœopathic Materia Medica includes several hundred medicines; domestic practitioners, therefore, who restrict themselves to these thirty or forty must not, in cases of failure, conclude that they have exhausted the resources of Homœopathy, nor despair of hope when so wide a range of appliances is available to the professional man.

Many missionaries in foreign lands, as well as persons at home, desirous of spreading the benefits of Homœopathy among the poor, or in districts distant from a physician, have sought instruction from the author of this manual, and, during the twelve years that have elapsed since the first edition of this little work was published, not a few have been actively engaged in restoring to health multitudes from those classes who need

and claim such aid. He will still feel pleasure in offering suggestions either personally or by letter, to clergymen, missionaries, and others, who may need his assistance, to enable them the more efficiently to do good to others.

1.—Aconitum Napellus.—The English names of this plant are—*Wolfsbane*, because it proves exceedingly poisonous to wolves, and *Monkshood*, because its beautiful blue flowers resemble the hood which monks used to wear. ‘This medicine,’ says Hempel, ‘constitutes the back-bone, as it were, of our *Materia Medica*;’ there being scarcely an acute disease in which it is not more or less required.

The prominent uses of *Aconitum* are as follows:—Chiefly at the commencement, and often in the course, of all *feverish and inflammatory affections*. Its especial indications are—thirst, and *dry, hot* skin; chills and shiverings, succeeded by burning heat; strong, rapid pulse; restlessness, anxiety, flushing of the face; pain; quick or laboured breathing; dry cough, with fever; deficient, hot, and high-coloured urine; first stage of cold-in-the-head; etc. It probably surpasses all other known remedies in its power of controlling the circulatory system, and triumphantly supersedes the lancet and the leech. ‘To enumerate,’ says Dudgeon, ‘the diseases for which it is suitable would be to mention the acute inflammation of every possible order and tissue of the body; and if it be not for all of these the sole remedy, it is almost always useful either previous to, or in alternation with, another remedy which has perhaps a more specific relation to the part affected.’ Had Hahnemann’s labours extended no further than the discovery and demonstration of the wide and inclusive curative power of this great remedy, they would have entitled him to the gratitude of countless myriads of his fellow-creatures in every succeeding genera-

tion. He most appropriately ranks it as first and foremost in his *Materia Medica*, not because its name begins with the first letter of the alphabet, but because of its transcendent power and extended sphere of action: he terms it a precious plant, whose efficacy almost amounts to a miracle.

2.—Antimonium Crudum.—The beneficial action of this remedy is chiefly restricted to affections of the mucous membrane and the skin, and more especially when those surfaces are *concurrently* diseased.

The *mucous membrane* both of the stomach and the alimentary canal is loaded with mucus, producing *eructations*, foul, bitter, or tasting of the food; nausea, and sometimes vomiting; fetid flatulence; loss of appetite; constipation, alternating with diarrhoea; mucous discharge from the anus; secretion of tenacious mucus, with much hawking for its removal; milky-white tongue; slow digestion, with drowsiness, loss of strength, etc. It is an excellent remedy in that morbid condition of the intestinal canal which favours the production of *worms*.

Skin.—Pimples or blotches; rough irregular eruptions on the nose or cheeks; tubercular eruptions about the roots of the beard; scald-head, with unhealthy, coherent crusts; sore eyelids or ears, parts easily becoming sore; ill-conditioned, unhealthy appearance.

3.—Antimonium Tartaricum.—The chief sphere of action of this medicine lies in the *mucous membranes*, the *skin*, and in the *lungs*. In large doses it produces a kind of catarrhal inflammation, beginning in the lining membrane of the throat, and extending to the trachea and bronchial tubes, and even exerting its irritant influence on the lung tissues themselves. We should, therefore, expect that *Tartar Emetic* would prove valuable remedy in certain kinds of inflammation involving

these parts. Experience has amply justified this expectation, and in *catarrhal croup*, *bronchitis*, and *pneumonia*, it has proved a most useful remedy.

On the skin it produces a pustular eruption resembling that of *small-pox*; it also produces the vomiting, and that peculiar alteration of the blood, which are characteristic of *small-pox*. As it might be supposed, then, *Ant. Tart.* has been found a remedy of the first importance in this disease, and, if timely used, scarcely requires the aid of any other medicine. The vomiting to which this remedy is homœopathic is nervous and sympathetic rather than gastric, and is attended by *nausea*, cold and pale skin, and great prostration.

4.—Apis Mellifica.—*Rapid swelling* (œdematous) of various parts; *erysipelas*, with great œdema; *nettle-rash*, and itching-stinging eruptions, with swelling; stings; hoarseness and dry cough, with urinary difficulties; frequent urging and inability to pass water; dropsy after scarlet-fever; etc.

5.—Arnica Montana.—Its chief uses are—in affections resulting from *injuries*; tingling of the skin; convulsive and spasmodic affections, lock-jaw, active discharges of blood, vomiting and spitting of blood, and other complaints resulting from *bruises*, *falls*, etc.; severe concussions, such as often occur in railway accidents, or in the hunting field, without leaving external marks of violence; pains, supposed to be rheumatic, from long, heavy, physical toil; concussion of the brain; immediate treatment after operations and childbirth; rheumatic pains; stitch-in-the-side; fatigue; chilblains, with hot swelling and tingling; swelling of the breast, soreness of the nipple; etc.

EXTERNAL USE.—The chief uses of this agent are for the following conditions:—*Bruises*, *concussions*, *incisions*, *frac-*

tures, sore nipples, after extraction of teeth, etc.—The discolouration, stiffness, swelling, and soreness consequent on *bruises* by blows or falls, may be almost entirely prevented by the *prompt* use of this remedy. Its striking and rapid remedial effects, however, depend greatly upon the promptitude with which it is applied after the injury.

Formula.—A *lotion* may be made by mixing from ten to twenty drops of the strong tincture in about half a teacupful of water; the bruised parts should be bathed with this lotion, or linen cloths saturated with it applied and covered with dry cloths or oiled-silk, to prevent its evaporation. Generally, the administration of *Arnica* as prepared for internal use, will hasten the cure.

CAUTION.—In some constitutions the application of *Arnica-lotion* produces a very troublesome eruption closely resembling *erysipelas*. For such constitutions, *Ruta Grav.* or *Hamamelis Virg.* is a safer remedy.

6.—Arsenicum.—*Cold, influenza, asthma, bronchitis, with difficult expectoration, wheezing breathing, etc. ; fevers—intermittent, typhoid, and putrid, with great thirst, debility, etc. ; diseases marked by depressed and almost exhausted vitality ; cholera, in the more violent forms of the disease ; diseases in the stomach and bowels, especially when accompanied with great prostration or burning pains ; severe vomiting, diarrhoea with watery, green or dark, burning motions ; skin-diseases, particularly those of a scaly nature ; eruptions about the mouth and other parts, attended with burning, and the discharge of a thin, watery fluid ; old or obstinate ulcers, with burning or itching, or with a bloody, thin, or fetid discharge ; and dropsical complaints.*

7.—Belladonna.—This medicine almost ranks in importance

with *Aconite* in *inflammatory* diseases, characterised by *bright-redness* of the parts, *pain*, intolerance of light and sound, and other symptoms of the head. It is often required after *Aconite*, or in alternation with it, in inflammation of the *eyes*, with dilated pupils, dread of light, etc.; *sore throat* with redness and sense of rawness; toothache with throbbing, and congested face; complaints marked by *congestion in the head*, or attended with, convulsions, neuralgia, and *delirium*. Affections of the brain and nervous system; eruptive fevers, especially *simple scarlatina* (for which it is often specific) and *erysipelas* (not *vesicular*); *violent headache*, especially frontal, with throbbing and redness, aggravated by movement; rheumatic inflammations with hot swellings, swollen glands; etc. Its power in *preventing* attacks of epidemic *scarlatina*, as well as of curing that disease, has not only been asserted by *Hahnemann* and *Hufeland*, but has been abundantly established by facts.

8.—Bryonia.—*Pleurisy*; *pneumonia*; dry, severe cough, with a sensation of tickling under the breast-bone; cold-in-the-chest; *stitches*, and *shooting pains in the chest*, acutely increased by coughing, a deep inspiration, or even movement; derangements of the liver and bowels; *lumbago*, *sciatica*, *rheumatism* of the joints, and all rheumatic affections in which the *pain is aggravated by movement*; bilious headaches, rheumatic fever, jaundice, etc. The prominent *gastric* symptoms are—*waterbrash*; bitter or sour risings; pressure on the stomach, or sensation as if a stone were there; and constipation from *inertia* of the bowels. An irritable state of temper, and a gloomy depression of spirits, are additional indications for *Bryonia*.

9.—Calcarea Carbonica.—This remedy is chiefly used in *scrofulous*, *rickety*, and *tuberculous* affections.—Glandular

swellings of the neck and abdomen; eruptions around the eyes, and agglutination of the lids; *difficult or delayed dentition*, with heat and swelling of the gums; deafness, with snapping and roaring noises in the ear, and chronic disease of the ear; chronic diarrhoea; incipient consumption of the bowels; swelling of the mesenteric glands; cough, with fetid or bloody expectoration, or difficult breathing; *Obesity*, from a lax condition of the tissues, or, on the other hand, *emaciation*; diseases of females, when the menses appear *too soon* and are *too abundant*; sterility; leucorrhœa; chronic headache, worst in the morning, from mental fatigue; also in inveterate and obstinate diseases of the bones (*rachitis*) and skin. As a general rule, *Calcarea* is best adapted to affections of women and children, and to chronic diseases.

10.—Calendula Officinalis (Marigold).—This remedy exerts a most favourable influence in promoting the union of wounds with the least resulting scars, and with the smallest amount of suppuration. *Cuts*, whether accidental or inflicted in operations, or injuries, in which *the flesh is much torn*, and which do not heal without the formation of matter; wounds penetrating the joints, etc. In all such cases it is much preferable to *Arnica*, especially in constitutions having a tendency to erysipelas. It controls haemorrhage (but to a less extent than *Hamamelis*), and relieves the severest pains attending accidents.

11.—Camphor, Homœopathic Tincture of.—This remedy is valuable in the *invasive stage of influenza* (when its administration will often terminate this complaint); derangements in general with *chilliness and shivering*; *malignant cholera*, in the *incipient stage* of the disorder; excessive, *sudden prostration* of the nervous system from any cause; *fainting*

and dizziness; cramps in the arms, legs, or abdomen; severe purging. 'It is antidotal to almost all the drastic vegetable poisons; relieves stranguary (*difficult passage of urine*); procures reaction from cold, congested conditions; is the great anti-choleraic; and quiets nervous irritability sometimes better than *Coff.*, *Ign.*, or *Hyos.* This is its whole clinical value—and a great one it is—in a nutshell' (*Holcombe*). In sudden attacks, two drops may be taken on a small piece of loaf-sugar, and repeated every fifteen or twenty minutes, for three or four times; in *cholera*, four drops, administered in the same manner, every ten, fifteen, or twenty minutes. The strongest—*Rubini's*—preparation is the best. In consequence of its volatile properties, it must be kept separate from all other homœopathic remedies.

12.—*Cantharis*.—Affections of the *urinary* organs; pain in the loins; scanty, *scalding*, and even bloody urine; tenderness about the bladder; stranguary; suppression of urine from acute congestion; etc.

EXTERNAL USE.—In burns and scalds with threatened or actual blisters: for *lotion*—ten drops of the strong tincture to a tea-cupful of water. *Cantharidine pomade*, is good for recent falling off of the hair after illness, etc.

13.—*Carbo Vegetabilis*.—Affections of the *digestive organs*, with oppression after eating; *flatulent distension of the stomach*, with acidity or heart-burn; burning and contractive pain and emission of *fetid flatulence*; a burning sensation in the lower bowel; tendency to diarrhoea; piles; worms; toothache, with spongy or ulcerated gums; hoarseness, loss of voice, and sensitiveness to variations of weather; chronic nettle-rash; itching and burning of the skin; un-

healthy, burning, fetid ulcers. *Carbo Vegetabilis* counteracts the injurious consequences of *Mercury* and *Quinine*.

14.—Chamomilla.—Chiefly in diseases of children and women, affecting the nervous, biliary, and uterine systems. *Convulsions*, arising from teething, anger, or pain in the bowels; neuralgia, with tearing, dragging, and lancinating pains; tooth-ache, the pains being worse at night, tearing and stitching, with swelling of the cheeks, and a feeling as if the teeth were elongated; *difficult dentition*, when one of the cheeks is red and hot, the gums swollen and sensitive, the child irritable, and convulsions are indicated; *diarrhœa of children*, from cold or teething, when the motions are watery, slimy, *green*, or *yellow*, and preceded by cutting pains: dentition-fever, with crossness, restlessness, and irregular circulation, one cheek being hot, the other cold; *catarrhal* cough of children, with hoarseness and rattling of mucus in the throat. The action of this remedy upon the sexual system of women is very marked, especially in *dysmenorrhœa*, and in various derangements during pregnancy; after-pains. Also for the consequences of passion, and when pains seem to be intolerable, owing to the extreme sensitiveness of the patient.

15.—China—Peruvian Bark.—Weakness with easy perspiration, consequent on exhaustive discharges—loss of blood, diarrhoea, prolonged nursing, sexual excesses, etc.; consequences of intermittent and other miasmatic fevers, purgatives, mercury, broken rest, etc. It is homœopathic to many forms of fever of a *periodical* type; debility marked by disposition to sweat, especially exhausting night-sweats; diarrhoea, especially summer-diarrhoea, with or without pain, and when the discharges are slimy, biliary, or mixed with undigested food, and very offensive; loss of appetite; biliary taste; flatulence;

jaundice; enlargement of the spleen, with a dirty-yellow complexion; debilitating seminal emissions (*spermatorrhœa*) from sexual vices, with undue excitement of the sexual instinct, in patients weak, low-spirited, and dyspeptic.

16.—**Cimicifuga (or Actæa) Racemosa.**—*Rheumatic* affections, chiefly of the left side, especially when there are uterine difficulties or irregularities; ‘*nervousness*;’ pains in the left side below the breast in females; pain in the lumbar region; crick-in-the-back; headache, with aching-pain in the eye-balls; palpitation of the heart; sinking at the stomach (not of gastric origin); amenorrhœa, dysmenorrhœa, and menorrhagia; disorders of pregnancy and the critical age; etc.

17.—**Cina.**—Homœopathic to the condition which produces intestinal parasites, and to affections arising from their irritation; especially *thread-worms*, indicated by picking the nose, grinding the teeth, convulsions and spasms, voracious appetite, alternating with poor appetite, itching at the seat, diarrhoeic motions, discharge of worms, wetting the bed (*enuresis*), cutting pain in the abdomen, hoarse, hollow cough in children, and other symptoms from inverminous affections.

18.—**Coffæa.**—This remedy is chiefly used for morbid sensitiveness and irritability of the nervous system, especially when following tidings of a joyous character; fretfulness and *wakefulness* of children; nervous toothache; almost insupportable pains during or after labour; nervous sufferings of highly excitable children or hysterical women.

19.—**Colocynth.**—This drug has not a wide range of action, and is chiefly prescribed for *colic* of a griping, *flatulent* character, with diarrhoeic evacuations; *neuralgia*, *sciatica*, etc.

20.—**Cuprum.**—Derangements of the nervous system, characterized by *cramps*, *convulsive movements*, etc.: *St. Vitus’*

dance; epilepsy, with violent convulsions, paleness of the face, dizziness, and great debility; general nervous affections accompanied by spasm and emaciation; cramps and vomiting of cholera: extreme pain in the bowels, with prostration, sallow complexion, and vomiting; some cases of hooping-cough; etc.

21.—**Drosera.**—*Hooping-cough*, with suffocative symptoms, vomiting, or bleeding from the nose, especially when the “hoop” has become fully developed, and after the use of *Ipecacuanha* and *Belladonna*; also in *spasmodic cough* generally, with a tickling sensation in the throat, vomiting, or wheezing breathing, and a feeling of suffocation.

22.—**Dulcamara.**—Various affections—such as cold in the head, nausea, catarrh of the bladder, mucous diarrhoea, etc.—resulting from exposure to *damp* or a thorough wetting; itching and stinging eruptions on the skin, and other conditions following a cold. If taken immediately after exposure to damp, *Dulcamara* will often entirely prevent the ordinary consequences of a cold.

23.—**Gelseminum Semperfurens.**—This drug, one of the new American Remedies, has a sphere of action apparently midway between that of *Acon.* and *Bell.* in some respects. On the *nervous* system, it is useful in—nervous shiverings without chilliness; excitement of hysterical patients; languor, etc., from night-watching; neuralgic face-ache, with twitchings of the muscles near the affected part; spasmodic croup, when *Acon.* fails or the brain is involved; simple sleeplessness of children, or from mental excitement. In scarlatina it is useful when *Acon.* and *Bell.* fail to bring out the eruption bright, especially in young children; also in this and other fevers when there is a tendency to *remittency*. Weakness of sight, with dimness or double vision, with dull heaviness in the head,

and dizziness; palpitation of the heart; pure nervous tooth-ache—*Gels.* may be applied locally; many ailments of children during teething, as sleeplessness, pain with sudden outcries, spasm of the glottis, etc.; wetting the bed; acute pain in the muscles, from over-exertion; etc.

24.—Hamamelis.—Varicose veins; *hæmorrhage from veins*; painful and *bleeding* piles; tendency to *hæmorrhage* from various parts; vicarious menstruation; dysmenorrhœa from disease of the ovaries; discoloration, as from a bruise.

EXTERNAL USE.—*Ham.* is sometimes a good substitute for *Arn.* when the latter does not agree with the patient. It is a good application for bleeding piles, etc. One part of the strong tincture to four of water.

25.—Hepar Sulphuris.—This is a compound of *Sulphur* and *Calcarea*, and has points of resemblance to each, influencing the *skin* like *Sulphur*, and the *glands* like *Calcarea*. It has also an action differing from either of these remedies separately. It is chiefly prescribed in *inflammatory affections of the wind-pipe and air-passages*,—croup, wheezing breathing, hoarseness; consumptive coughs, etc.; also for *serofulous, enlarged glands* discharging matter; abscesses; scald-head; salivation and other consequences resulting from large doses of *Mercury*. Like *Silicea*, but to a less extent, it favours the *suppurative process*.

26.—Ignatia.—This remedy is especially valuable for the consequences of *grief* in persons, females particularly, of a highly sensitive temperament, who often change from high spirits to a low state of despondency; nervous headache; *hysteric*, convulsive, or spasmodic disorders, consequent on grief, disappointment, or ill-humour, with the sensation of a ball rising in the throat (*globus hystericus*); nervous affections

of girls at puberty, and of women at the critical period; also some of the symptoms of *hypochondriasis* in the male sex; convulsive affections of infants and children from worms; pro-lapsus ani; etc.

27.—Ipecacuanha.—Chiefly useful in affections of the *respiratory* and *digestive* organs. Spasmodic, suffocative cough, with tickling in the throat, sometimes with nausea, vomiting, bloody expectoration, or bleeding from the nose; *spasmodic-asthma*, especially at night; *hooping-cough*, during the spasmodic stage, with rattling breathing; hay-fever, and some varieties of bronchitis. Derangements of the digestive organs, characterised by simple *nausea and vomiting*, with or without diarrhoea; colic, with loose, fermented, or dysenteric stools, especially in children. *Hæmorrhage* from various organs, the blood being bright-red, with anxiety, pale face, vomiting, etc.

28.—Kali Bichromicum.—*Affections of the mucous membranes and the skin.* On the respiratory mucous lining it has great power, especially in *chronic bronchitis*, with much tough, stringy mucus, difficult to expectorate; cough, with wheezing, difficult breathing; chronically ulcerated throat; *hoarseness*; *chronic catarrh*; membranous croup; *polypus of the nose*. It is curative in catarrhal and strumous ophthalmia, and in syphilitic affections of the eye. In the digestive tract it is valuable in chronic dyspepsia, with heartburn, *eructations*, nausea, *thickly-coated, yellowish tongue*, bitter taste, etc. An additional indication for its use is a simultaneous affection of the respiratory and digestive mucous membrane. Affections of the *skin*, within the sphere of the action of this remedy, are chiefly pustular eruptions, ulcers of the legs, (see

also *Calendula* as an external remedy), especially of a syphilitic character, and pimples on the face.

29.—Lycopodium.—Chronic affections of the digestive organs, which are atonic; pain, sensitiveness, or distension of the abdomen; water-brash; chronic constipation; gravel and stone; moist eruptions; scald-head; glandular swellings; rheumatic complaints; scrofulous ulcers; loss of hair.

30.—Mercurius.—There are various preparations of *Mercury* used by Homœopathic practitioners, but in this manual we have chiefly referred to two, as under:—

1st.—**MERCURIUS SOLUBILIS.**—The following are a few of the morbid conditions for which this remedy is prescribed:—*Glandular affections*, with swelling and sometimes suppuration; *sore throat*, with swelling, pain, difficulty in swallowing, and ulceration; profuse flow of saliva from the mouth, with a fetid odour; thrush; *cancerum oris*; toothache from decay, with aching, tearing pains, extending to the temples and glands, and a tendency to gum-boils; *jaundice*, yellowness of the skin and of the whites of the eyes; *ophthalmia*; agglutination of the eyelids; ulcers on the cornea; discharge from the ears, soreness, deafness; *diarrhœa*, frequent desire to relieve the bowels, preceded by chilliness, with *green-*, *clay-*, or various-coloured, slimy and offensive, evacuations, especially the diarrhœa of infants and children; torpid liver, with deficient secretion of bile, as shown by pale, fetid, and costive motions, dull pain in the right side, poor appetite, and dejection of spirits; long round worms; *syphilitic* and scrofulous swellings of the glands in the groins; *gonorrhœa*; syphilitic ulcers, etc. Two marked symptoms indicating this remedy are, aggravation of the pains and general symptoms at night, and profuse perspirations that afford no relief.

2nd.—**MERCURIUS CORROSIVUS.**—*Dysenteric* affections, with *tenesmus* (straining), burning pains in the abdomen, and discharge of blood and mucus; cirrhosis; scrofulous, rheumatic, and syphilitic *ophthalmia*; gonorrhœa, in the first stage, with sharp pain on urinating; syphilitic eruptions, etc.

31.—**Nux Vomica.**—This remedy is suited to functional gastric derangements from a depressed condition of the nervous system, especially the following:—*Constipation*, with ineffectual desire for stool; *constipation alternating with relaxation*, the action being ‘*inharmonious and spasmodic*;’ *waterbrash*, *heartburn*, *flatulence*, the symptoms being of a *spasmodic* character; *headache*, with giddiness, flushed face, constipation, and other symptoms dependent on gastric conditions; acute indigestion, with nausea and violent vomiting, headache, trembling hands, and other affections following intoxication. Chronic congestion of the liver; *spasmodic asthma*; dry *coryza*; irritable bladder, and *spasmodic stricture*, from abuse of alcohol. The pains which point to *Nux* arise from *spasm*, and not from inflammation. It is especially valuable in affections resulting from sedentary habits, too close brain-labour, want of out-of-door recreation, anxiety and business cares, night-watching, the use of tobacco, indulgence at table, and from the use of alcohol. It is best adapted to persons of spare habit, firm fibre, and of energetic, irritable, or hypochondriacal disposition, with tendency to irregular action of the bowels, and piles. The symptoms come on or are worse *early* in the morning, and are increased by taking food, or by mental effort.

32.—**Opium.**—*Obstinate constipation*, from paralytic obstruction, or want of peristaltic action of the intestines; *lead colic*; paralytic retention of urine; recent affections from

fright, or sudden violent emotions: *apoplectic* conditions, with *stertorous* (snoring) breathing, and slow and full pulse; *typhus fever*, with sleepiness, listlessness, and partial retention of urine; general mental and physical torpor. As may be inferred from the last indication, *Opium* is often useful in that nervous insusceptibility in which remedies, although clearly indicated, fail to effect improvement; in such cases, *Opium* often restores the lost nervous impressionability, and places the patient in a condition to be benefited by the appropriate remedy.

33.—Phosphorus.—This remedy is chiefly valuable in affections of the lungs, and in long-continued, exhausting diseases, of which the following is an epitome:—*Pneumonia*, especially in children; chronic bronchitis, with considerable constitutional irritation; hoarseness; *dry cough*, or cough with expectoration of mucus, sometimes with blood; chronic cough; *phthisis* (consumption), in which it is of signal use, moderating the cough, diarrhœa, and congestion of the lungs; chronic *wasting*, *diarrhœa*, and *hectic*; chronic inflammation of the stomach and bowels; atrophy of the liver, and other hepatic affections; malignant jaundice; fatty degeneration, in any part; *typhus* and other fevers, with atonic condition of the brain, and want of vital reaction; also *physical* and *nervous weakness* from loss of animal fluids, especially from *sexual excesses* and *self-abuse*.

34.—Pulsatilla.—*Mucous dyspepsia*, with thickly-coated, rough tongue, nausea and vomiting of bile, mucus, or of a bitter, sour fluid, with diminished or altered taste; indigestion from fat, pork, pastry, or other rich food; mucous diarrhœa, with little pain, chiefly at night; heart-burn. It assists in cleansing the tongue, moderating the catarrh, and checking the diarrhoea in *measles*, *chicken-pox*, *remittent-fever*, and other diseases of children. In the *respiratory* mucous mem-

brane it is chiefly useful in *catarrhal* affections and *sub-acute bronchitis*, with much mucous discharge. *Pulsatilla* is much used in profuse lachrymation, agglutination, twitching, styes, and other affections of the *eye-lids*, especially of a sub-acute character and in serofulous persons. *Deafness* from catarrh, or following measles, with noises in the ears; ear-ache of children, with purulent discharge. *Varicose veins*, and embarrassed venous circulation, especially during pregnancy. In *gout* and *rheumatism*, it is chiefly indicated when the attacks are sub-acute, and the pains shift from one part to another. The most remarkable property, however, of this remedy is its action upon the female sexual system, as in tardy, scanty, or suppressed menstruation; leucorrhœa; false, delayed, or deficient labour-pains; retained *placenta* (after-birth); excessive after-pains; suppression of the lochia, and a deficient secretion of milk. Administered some time previous to labour, it facilitates that process. It is also useful in *swollen testicle*, and other affections of the male organs. Generally, however, *Pulsatilla* is more suited to the female sex, or rather to persons of gentle dispositions, of fair complexion, easily excited to laughter or weeping, and with a tendency to *relaxation* rather than constipation.

35.—**Rhus Toxicodendron.**—This remedy is chiefly used in *Rheumatism*, and in *affections of the skin*. Rheumatism, sub-acute and chronic, worse during rest, and on first attempting to move, but relieved after a little movement; lumbago, especially after the use of *Aconite*; rheumatism; sciatica; paralysis, partial or complete, especially from exposure of the back to damp and cold; *vesicular* (with little bladders) *erysipelas*; chicken-pox; ringworm; shingles; scald-head; etc.

EXTERNAL USE.—*Rhus* is an extremely valuable remedy as an external application in *sprains*, *injuries to ligaments*, *tendons*, joints and the membranes investing the joints. Also in extensive *superficial burns*, the *stings* of insects, old *chilblains*, and sometimes warts, are relieved or cured by its use.

36.—Silicea.—*Serofulous ulcers*; glandular and lymphatic swellings; *affections of bones* (rickets); housemaid's knee; ringworm; scabbed head; corns; *whitlows*; fetid smell of the feet; leucorrhœa, etc. It is most suited to chronic diseases, and to those which involve organic rather than functional changes.

Silicea is remarkable for its power over the absorbent and exhalent vessels, especially those of the joints, sheaths of tendons, etc. It promotes the kindly *suppuration* of abscesses of all kinds, with good or bad pus, and tends to moderate suppuration when it is excessive.

37.—Spongia.—We have inserted this remedy in our list, not because it is in very frequent demand, but because it ought to be at hand *whenever* required.

Its grand use, alone, or more generally in turns with *Acon.*, is in *croup*, especially in the earliest stage, when it will frequently terminate an attack in a short time. It is also useful in dry, hard, barking cough, worse at night; in hoarseness, with dry cough and obstructed breathing; in croupy cough, such as frequently precedes or follows croup; in goitrous enlargements; etc.

38.—Sulphur.—This drug has a specific action upon the *skin*, and less so upon the mucous membranes; in a minor degree it affects all parts of the animal economy. In affections of the skin it is indicated by an irritation or itching, which yields an agreeable sensation on scratching, and is aggra-

vated by the warmth of bed; eruptions, chiefly papular, but sometimes vesicular; *boils*, preventively and curatively; chil-blains; whitlows; scald-head, and in many *scrofulous affections*. *Sulph.* is strictly homœopathic to boils, since it is well known that they often result from the excessive use of this drug, as in drinking sulphur waters. 'I know a lady,' says Dr. Hughes, 'who accompanied her husband to Harrogate; and, although herself in good health, joined him in drinking the waters. When she returned home, she came under treatment covered with boils.'

In affections of the mucous tract, *Sulph.* is chiefly required in those of the eyes, the urethra, and the rectum, as in *strumous* and *catarrhal ophthalmia*; incontinence of urine; chronic gonorrhœa; prolapsus of the womb; burning and *itching of the anus*; *piles* and *chronic constipation*.

Sulphur is often of service in arousing dormant nervous energies, so as to render the system susceptible to the action of medicines indicated. *Opium* has a like property.

39.—Veratrum Album.—It is very useful in *autumnal diarrhœa*, when vomiting is superadded to the purging. English and Asiatic cholera; diarrhœa and painful gripings; violent vomiting and purging, short of that sudden deadly collapse which indicates *Arsenicum*. Cramps in the bowels or limbs; headache with vomiting; cold sweat and coldness of the whole body; black vomit; great weakness and convulsions; vomiting during pregnancy. It is often beneficial in the convulsive stage of hooping-cough.

40.—Veratrum Viride.—*Fever*, with *severe headache* and *brain-symptoms*, *rapid pulse*, and *sickness*; *remittent fever* of infants; the invasive stage of *scarlatina*, *measles*, etc., with *head-symptoms* as above; *erysipelas*, especially the vesicular

variety: here it may also be applied externally—thirty drops of the strong tincture to half-a-pint of water; congestion of the head during teething; pneumonia; etc. Inflamed corns, bunions, etc., may be touched with the strong tincture.

Antidotes.

In the event of an over-dose of any of the above medicines having been administered, two drops of the strong *Tincture of Camphor*, or a strong infusion of *Coffee*, will arrest any unpleasant consequences.

PART IV.

Clinical Directory.

THE object of the Clinical Directory is to enlarge the utility of this manual by prescribing for numerous diseases and conditions, arranged alphabetically, that could not otherwise be included in the work, and to give at a glance some of the leading remedies that the author, and many other practitioners, have found valuable.

To use this portion intelligently, a knowledge of *Materia Medica* is essential, as it is only intended to *refresh the memory* of the initiated ; it will, however, be found of great service if consulted in connexion with a good *Materia Medica*.

As far as can be, the *remedies* are arranged in the order of their importance, or in that in which they are most likely to be required. This cannot, however, always be taken for granted ; indeed, in some cases, our brief list may not include the true homœopathic remedy at all. Individuality and idiosyncrasy may greatly modify the choice. The perfection of prescribing lies in its concentration of attention on *individuals*, and of bringing into the focus of thought, as it were, the morbid symptoms and signs present, with the various circumstances of parentage, habits of life, proclivities to diseased action, and any peculiarities which may affect the patient.

Finally, as a set-off to many short-comings in the Directory, we take the liberty of adding that it consists of prescriptions that have been largely tested and amply confirmed by clinical (*bed-side*) experience.

* * * The contractions *alt.*, *int.*, and *ext.*, signify *alternately with*, *internally*, and *externally* respectively.

Clinical Directory.

Abscess : ACUTE—Bell. or Acon. alt. Hep. S.; Merc. Iod., Ars.

CHRONIC—Sil., Calc., Sulph., Phos.

MAMMARY—Bry. (*for the earliest symptoms*); Bell. alt. Hep. S.; Phos. (*chronic cases*); Merc., China.

Acid Dyspepsia (Heartburn) : Carb. V., Bry., Nux V.; Lyc. (*in elderly persons*); Puls.

After-Pains : Sec., Coff., Puls., Arn., Cham., Gels.

Ague : Chin. or Quin.; Ars. (*chronic*); Phos. Ac., Cedron; Nux V. or Ipec. (*much gastric disturbance*).

Alopecia (loss of hair) : From PREVIOUS ILLNESS, GRIEF, etc.—Phos. Ac., Ign., Calc., Sil., Chin., Canth. ext. in pomade.

From MERCURY—Carbo Veg., Hep. S.

With FREQUENT HEADACHE—Fluor. Ac., Nit. Ac., Phos., Sep., Sulph., Calc.

Alcohol : EFFECTS OF EXCESSIVE USE OF—Nux V., Opi., Ars.; Ant. T. (*gastric irritation*).

Amaurosis (complete or partial loss of vision) : Bell., Euphr., Hyos., Gels., Nux V., Chin.

Amenorrhœa (absence of the monthly period) : Puls., Sep., Coni. (*chronic*); Ferr. (*with anaemia*); Senecio, Sulph.

Anæmia (deficiency or poverty of blood) : Ferr., Chin., Phos. Ac., Ars., Sil.

Anger : EFFECTS OF—Cham., Acon., Hyos., Coloc.

Angina Pectoris (breast-pang) : Ars., Dig., Samb., Verat., Cact., Lach., Verat. Vir., Strych.

Ankles : SWELLING OF—Ars., Chin., Bry., Phos., Ferr., Apis. *Also rest.*

WEAKNESS OF—Calc., Phos., Sulph., Sil.

Anus : ITCHING OF—Sulph., Nit. Ac.; Cin., Ign., or Merc. (*from worms*); Ars., Acon. (*burning itching with dryness*); Sulphurous Acid ext.

PROLAPSUS OF—Ign., Nux V., Podoph., Merc.

Anxiety, Care, Grief, etc. : EFFECTS OF—Ign., Aur., Nux V., Phos. Ac., Puls.

Aphonia (loss of voice) : Acon.; Caust. (*catarrhal*); Baryta C., Phos., Merc.; Ign. or Bell. (*hysterical*).

CHRONIC—Kali Bich., Hep., Phos., Carbo V., Caust., Merc.

Aphthæ (Thrush): Borax int. and ext.; Merc., Ars., Sulph.; Sulphurous Acid Spray (1 part to 12 of water).

Apoplexy: Acon., Opi., Bell., Glon., Nux V.

PREDISPOSITION TO—Strict temperance in eating and drinking; avoidance of excitement, heated rooms, etc.

Appetite: LOSS OF—Chin., Nux V., Puls., Rhus, Ars., Ferr.
VORACIOUS OR DEPRAVED—Calc., Cin., Nux V., Sil., Verat.

Ascarides: *see Thread-Worms.*

Ascites (Dropsy of the Abdomen): Ars., Apis, Dig., Chin., Lyco.

Asthma: Ars., Acon., Ipec., Lob., Euphr., Caust.

OF CHILDREN—Samb., Ipec., Ant. Tart., Ars., Cupr.

Atrophy (wasting): Iod., Calc., Sulph., Phos., Ars., Puls.
From WORMS—Cin., Merc., Ant. Crud.

Backache (Lumbago): Acon. alt. Rhus Tox. (acute); Bry., Cimic., Lyc.

From EXERTION—Arn., Rhus, Bry.

From PAINFUL OR IRREGULAR PERIOD—Bell., Puls., Sec., Cocc., Plat.; Chin. or Ign. (spinal irritation).

From SPINAL IRRITATION—Chin., Ign., Nux Vom., Gels.

Baldness; *see Alopecia.*

Barber's Itch: Ant. Tart., Cinnab., Ars.

Bed-Sores: Calend. (*external use*); also Calend.- or Arn.-plaster.
In bad cases the patient should be placed upon a water-bed.

PREVENTION OF—Washing the parts exposed to pressure morning and evening with tepid water: and, after drying with a soft towel, a little glycerine or glycerine-cream should be rubbed evenly over the part. This is one of the best preventives of bed-sores. When there is much redness, and the skin is unbroken, a little diluted alcohol or brandy should be applied.

Belching: *see Eructations.*

Bilious Attacks: Iris, Ipec.; Cham. (*in children and excitable females*); Bry., Acon., Nux Vom., Ars.

Bites and Stings: Ledum, Apis, Rhus, Canth., all int. and ext.

Black-Eye: Arn. ext.

Bladder: CATARRH OF—Ammon. Mur., Ant. Crud., Puls., Ferr., Canth., Cann.

INFLAMMATION OF—Canth., Tereb., Apis, Acon.

PARALYSIS OF—Baryta Carb., Acon., Nux Vom., Ars.

See also Urine.

Blur-Eyes: Euph., Sulph., Puls., Merc., Ars., Calc.

Bleeding : *see* Hæmorrhage.

Blindness : *see* Amaurosis.

Bloody-flux : *see* Dysentery.

Bloody Urine : *see* Hæmorrhage : From the BLADDER.

Blotches : Ars., Bell., Hep., Ant. Crud., Graph., Lyc., Clemat.

Boils : Bell., Sulph., Hep. S.; Arn. (*much pain*); Apis (*numerous and small*).

Bones : CARIES (*decay*) OF—Sil., Phos. Ac., Sulph., Calc.
 CURVATURE OF—Calc., Sulph.

EXOSTOSIS (*abnormal growth of*)—Aur., Merc. Iod.

PAINS IN—Merc., Aur., Mez., Ars., Asaf.; Merc. Iod. (*very severe*).

Bowels : INFLAMMATION OF—Acon., Bell., Coloc., Merc. Cor., Ars., Bry.
 PAIN IN—*see* Colic. *See also* Constipation, Diarrhoea, Anus, etc.

Brain : CONCUSSION OF—Arn. alt. Acon. or Bell.
 CONGESTION OF—Glon., Bell., Acon.
 FEVER—*see* Typhus-Fever.
 INFLAMMATION OF—Acon., Bell., Bry., Hyos., Opi.

Breast : *see* Abscess : MAMMARY.

Breast-Pang : *see* Angina Pectoris.

Breath : FETOR OF—Merc., Carbo V., Spig., Aur., Acon.

Breathing : DIFFICULT—*see* Asthma, Bronchitis, Croup, etc.

Bright's Disease : Ars., Phos., Merc. Cor., Tereb., Canth.

Bronchitis : ACUTE—Acon., Bry., Ipec., Phos., Kali Bich.
 In CHILDREN—Phos., Ant. Tart.
 In the AGED—Carbo Veg., Ant. Tart., Senega, Squill.
 CHRONIC—Kali Bich., Hep. S., Phos., Carbo Veg., Ars.

Bruises : Arn. (*externally*). *See also* Contusion and Ecchymosis.

Bunions : Verat. Vir. or Arn., as a paint.

Burns and Scalds : Canth., Rhus, Kreas., or Urtica, ext., *very dilute*.

Cancer : Ars., Hydrast., Coni.

Canker of the Mouth : Merc., Ars., Carbo. Veg., Nit. Ac.; Sulphurous Acid Spray.

Carbuncle : Ars., Bell., Sil., Canth., Lach., Carbo V.

Caries : (*decay*) OF BONES—Sil., Phos. Ac., Aur., Nit. Ac., Merc. Iod.
 OF TEETH—Kreas., Merc., Staph.

Cataract : Coni., Phos., Cann., Sil., Sulph., Puls.

Catarrh : *see Cold in the Head.*

Chancre (*a syphilitic sore*) : Merc., Nit. Ac., Kali Hydriod.

Change of Life : *see Menstruation : CESSATION OF.*

Chapped Hands : Arn.-, Calend.-, or Glycerine-Cerate. *See also Chilblains.*

Chicken-pox : Rhus Tox., Sulph., Ant. T.

Chilblains : Petrol., Puls. or Rhus int. and ext. ; Phos. ; Tamus Com., Calend., or Kreas. ext.

Child-bed-Fever : *see Puerperal-Fever.*

Chlorosis (*green sickness*) : Ferr., Puls., Ferr. Iod., Sepia, Phos., Calc.

Cholera : Camph., Ars., Cup., Verat.

Chordee : Acon. int. and ext. ; Bell., Canth.

Chorea (*St. Vitus's Dance*) : Cupr., Agar., Verat. Vir., Artem., Bell., Ign., Cimic., Ars.

Cirrhosis (*a diseased contracted liver*) : Phos., Merc. Cor.

Cold-in-the-Head : Acon. ; Ars., Merc. ; Nux Vom. (*stuffy cold*) ; Euphr., Kali Bich., K. Hyd., or Sulph. (*chronic*).

Cold-on-the-Chest : Bry. alt. Acon. or Phos.

Cold Feet : *see Feet.*

Colic : Coloc. (*with diarrhœa*), Nux V., or Plumb. (*constipation*) ; Iris (*flatulent colic*).

LEAD—Opi., Alum.

MENSTRUAL—Cocc., Plat., Nux Vom., Sec.

Congestion of the Brain : Acon., Bell., Glon., Opi., Gels.

OF THE LIVER—Merc., Bell., Aloes., Bry., Chin., Ars., Iod., Acon.

OF THE LUNGS—Acon., Phos., Verat. Vir., Bry.

Constipation : **With FREQUENT INEFFECTUAL EFFORTS** : Nux V., Coloc.

From INERTIA OF THE INTESTINES—Bry., Opi., Lyc., Acon.

CHRONIC—Sulph., Lyc., Nux Vom. alt. Sulph., Podoph., Æscul.

Consumption : Phos., Ars., Phos. Ac., Ferr. Iod., Dros., Calc. Iod., Lyco. ; *also Acon. or Bry. (for occasional symptoms).*

OF THE BOWELS—Iod., Calc., Ferr., Sulph., Merc., Iod., Ars.

Contusion : Arn. ; Coni. (*of the female breast*) ; Ruta (*of the shin-bone*) ; all int. and ext.

Convulsions : Bell., Cham., Verat. Vir. ; Cup. (*with cramp*) ; Gels. (*rigidity*) ; Opi. (*from fright*). *Also, Enemata of tepid water.*
See also Epilepsy.

HYSTERICAL—Camph., Moschus, Ign., Hyos.

Corns: Calc., Sulph. *Also Arn. (simple), or Verat. Vir. (inflamed), ext. use of.*

Corpulency: *see Obesity.*

Cough: CATARHAL—Acon., Bell., Bry., Caust.

CHRONIC—Kali Bich., Sulph., Phos., Bry.

CRUPOUS—Spong., Hep., Cup.

HOOPING—Ipec., Dros., Coral., Nit. Ac.; Ver. Vir., Gels. or Bell. *(head-symptoms).*

HYSTERICAL—Coral., Hyos., Ign.

Courses: *see Menstruation.*

Cracks of the Lips, etc.: Graph.; *also Arn.-, Calend.-, or Glycerine-Cerate.*

Cramps: IN THE ABDOMEN—*see Colic.*

IN THE CALVES—Verat., Nux Vom.; Arn. *(from fatigue)*; Bell. Cupr., Gels.

IN THE STOMACH—Nux V., Dioscor., Cocc.

Crick-in-the-Neck: Acon. alt. Bell.; Cimic., Bry.

Critical Age: *see Menstruation: CESSATION OF.*

Croup: Acon. alt. Spong., Iod., or Hep.

Cyanosis (*blue disease*): Dig., Ars., Cup.

Cystitis (*inflammation of the bladder*): Canth., Tereb., Apis.

Dandriff (*scurf in the head*): Ars., Graph., Lyc., Sulph., Rhus.

Deafness: From COLD—Acon., Merc., Bell., Puls., Dulc.

From ENLARGEMENT OF TONSILS—Merc. Iod., Bell., Calc. Phos., Baryt.

After MEASLES—Puls., Sulph., Bell.

After SCARLATINA—Bell., Hep. S., Calc.

After SMALL-POX—Merc., Sulph., Bell.

From NERVOUS DISEASES—Phos., Phos. Ac., Chin.

Debility: From LOSS OF ANIMAL FLUIDS—Chin., Ferr., Phos., Phos. Ac.

NERVOUS—Phos. Ac., Ign., Mosch., Iod., Nux Vom.

Delirium Tremens: Nux V., Opi., Bell., Stram., Hyos.

Dentition (*difficult*): Calc., Cham., Acon., Krea.

Depression of Spirits: Ign., Aur., Chin., Nux V., Plat.; Merc. or Podoph. *(from disordered liver).*

Derbyshire Neck: Spong., Merc. Iod., Iod., Brom.

Determination of Blood: *see Congestion.*

Diabetes (*excessive flow of sugary urine*): Phos. Ac., Ars., Uran. Nitras.

Diarrhoea : From INDIGESTIBLE FOOD—Ant. Crud., Puls., Ipec.

From COLD—Acon., Dulc., Merc.

From WORMS—Cin., Ars.

With COLIC—Coloc., Verat.

NOCTURNAL—Puls., Chin., Rhus.

SUMMER—Chin., Verat., Cham., Ars.

IN CHILDREN—Cham., Merc., Rheum, Ipec., Dulc., Ars.

IN THE AGED—Phos., Ars., Chin., Ant. Crud.

Diphtheria : Bell., Phyto., Kali Permang., Merc. Iod., Ars., Lach. ;
also, Phyto. or Sulphurous Acid locally.

Dizziness : Acon., Bell., Nux V., Cocc., Bry., Puls., Gels.

Dropsy : Ars., Apis, Dig., Bry., Chin., Apoey. C.

OF THE ABDOMEN—*see* Ascites.

OF THE BRAIN—*see* Water in the Head.

OF THE CHEST—Dig., Ars., Bry., Helleb.

OF THE EXTREMITIES—*see* Edema.

POST-SCARLATINAL—Apis, Ars., Canth., Helleb.

OF THE SCROTUM—Iod., Rhod., Graph.

Drowsiness : Opi., Acon., Bell.

AFTER DINNER—Lyc., Puls.

Dysentery : Merc. Cor., Ipec., Ars. ; Aloes (*chronic, with piles*).

Dysmenorrhœa : *see* Menstruation : PAINFUL.

Dyspepsia : *see* Indigestion.

Dyspnoea (*difficult breathing*) : *see* Asthma, etc.

Ear : ACHING OF—Bell., Puls., Merc., Cham., Acon.

DISCHARGE FROM—Hep. S., Calc., Puls., Sulph., Merc., Caust.

SORENESS OF—Mur. Ac., Puls. ; Caust. (*eruption about the ear*).

INFLAMMATION OF—Acon., Bell., Puls.

NOISES IN—Acon., Puls., Mosch., Nux V., Sulph. ; also Sulphurous Acid Spray.

Ecchymosis (*blackness under the skin*) : Arn., Rhus, Ham., Mur. Ac.

Eczema (*a non-contagious smarting eruption*) : Ars., Calc., Merc., Rhus.

Emaciation : *see* Atrophy ; also Debility.

Emissions : *see* Spermatorrhœa.

Enuresis : *see* Urine : INCONTINENCE OF.

Epilepsy : Bell., Cup., Hyos., Stram., Verat. Vir., Zinc., Ign. ; Calc. (*chronic, especially in children*).

Epistaxis (*bleeding from the nose*) : Ham. (*dark blood*), Ipec. (*bright blood*), Puls. (*with deficient period*) ; Bry., Acon.

Erections: **Feeble, Painful**—Lyc., Phos. Ac., Nuphar.
Spasmodic—Acon., Bell.

Eructions: Bry., Nux V., Puls., Sulph. Ac., Lyc., Carbo V., Ars.

Eruptions: *see* Rash, Lepra, Eczema, etc.

Erysipelas: Acon., Bell., Rhus, Verat. Vir., Apis, Ars., Sulph.

Excoriations of Infants: Cham., Calc., Lyc., Sulph. *Also*, Hydrast. or Calend. ext.; or the parts may be dusted over with finely-powdered starch.

PREVENTIVE—Tepid washing, followed by careful drying, morning and night.

Eyelids: **AGGLUTINATION (gumming) OF**—Merc., Hep., Calc., Sulph., Puls. *See also* Ophthalmia.

Eyes: **INFLAMMATION OF**—*see* Ophthalmia.

SORE—Merc., Clematis, Nit. Ac., Euphr., Bell., Merc., Cor.

SCINTING OF—Bell., Hyos.

WEAK—Sulph., Phos., Iod., Bell.

WOUNDS OF—Arn. alt., Acon.

Faceache: Acon., Bell., Coloc.; Spig. (*when the eye-balls are affected*); Cimic., Cham., Sticta. *See also* Gumboil.

Fainting: Mosch., Camph., Ign., Verat., Iod., Chin., Cocc.

Falling-sickness: *see* Epilepsy.

Fatty Degeneration: Phos., Ars., Ferr.

Feet: **BLISTERED**, etc., from walking—Arnica-bath.
COLD—Sep., Puls. The daily use of the skipping-rope.
FETID SWEAT OF—Silic., Petro., Nit. Ac., Graph.

Fever: **SIMPLE**—Acon., or Verat. Vir.

Fistula: Silic., Fluor. Ac., Calc.; *also* Hydrast. ext.

Fits: *see* Convulsions, and Epilepsy.

Flatulence: Nux V., Carbo Veg., Lyc., Chin.

Flooding: *see* Menstruation: EXCESSIVE.

Flushing of the Face: Acon. (*from excitement*); Nux Vom. (*after food*); Bell. (*with headache*).

Fright: **CONSEQUENCES OF**—Opi., Acon., Ign.

Frog: *see* Aphthæ.

Frost-bite: *see* Chapped-hands: *also* Chilblains.

Gall-Stones: Acon., Merc., Podoph., Calc., Nux Vom.

Ganglion (*an encysted tumour on a tendon on the foot or back of the hand*): Ruta, Arn., Iod., Silic., Calc.

Gastric Fever: *see* Typhoid-Fever.

Gatherings: *see Whitlow, Abscess, Boils, etc.*

Giddiness: Bell., Nux V., Bry., Acon., Puls., Gels.

Glands: ENLARGED—Merc. Iod., Bell., Hep. S., Iod., Silic., Calc. Phos.

Gleet: Cinnabar, Canth., Cannab., Puls., Nux V., Sulph.

Goitre: *see Derbyshire Neck.*

Gonorrhœa: Cann., Merc., Acon., Canth., Thuja.

Gout: Acon. alt. Bell. (*during an attack*). Rhod., Colch., Cimic., Bry., Puls.; Arn. ext.

Gravel: Lyc., Ant. Crud., Nux V., Bry.

Green-Sickness: Ferr., Puls., Sep., Coni.

Gum-boils: Acon. alt. Bell. (*first symptoms*); Merc., Silic., Hep.; Phos. (*to prevent recurrence*).

Gums: SCURVY OF—Merc., Nit. Ac., Carbo Veg., Ars., Sulph.

Hæmoptysis (spitting of blood): *see Hæmorrhage.*

Hæmorrhage: From the BLADDER—Canth., Tereb., Ham., Arn. From the ANUS—*see Piles.*

From the LUNGS—Ipec., Phos., Ham., Arn., Millef., Acon.

From the NOSE—Acon., Ipec., Ham., Nux Vom., Bry., Arn.

From the STOMACH—Ipec., Ham., Nit. Ac.

From the WOMB—Croc., Sec., Plat., Ipec., Sabin., Cauloph.

Hands: UNDUE MOISTURE OF—Fluor Ac.

CONGESTED—Bell. (*redness*); Puls. alt. Sulph. (*blueness and coldness*).

Hair: LOSS OF—*see Alopecia.*

Hay-fever: Sabad. int. and by olfaction; Euphr., Ipec., Ars., Kali Iod.

Headache: CHRONIC—Plat., Arg. Nit., Plumb., Zinc.

CATARRHAL—Acon., Bell., Merc., Nux V., Bry.

CONGESTIVE—Bell., Glon., Acon., Nux Vom.

BILIOUS—Iris, Bry., Acon., Nux V., Puls., Coloc.

NERVOUS (*in one-half of the head*)—Ign., Aur., Coff., Cham., Nux Vom., Phos., Acon., Spig.

SICK—Iris, Ipec., Puls., Nux V., Bell., Ant. C., Sep.

RHEUMATIC—Acon., Bry., Nit. Ac., Rhus, Spig.

Heart: DISEASE OF—Cact. G., Dig., Naja, Acon., Spig., Ars., Phos. FEEBLE ACTION OF—Dig., Cupr. (*with fainting*).

INFLAMMATION OF MEMBRANES OF—Acon. alt. Spig., Bry., Ars.

PALPITATION OF—Acon., Cact. G., Mosch., Nux M., Phos., Puls.

RHEUMATISM OF—Spig., Bry., Cact. G., Cimic.

Heartburn: Puls., Bry., Carbo Veg., Sulph. Ac., Calc.

Hectic Fever: Chin., Phos. Ac., Ars., Sulph., Sang., Merc.

Hiccough: Nux V., Acon., Ign., Sulph. Ac.

Hip-joint Disease: Silic., Phos., Calc. C., Ars., Sulph.; Acon. and Bell. (*at first, and when necessary*); *also* perfect rest.

Hoarseness: Baryta, Caust., Phyto., Hep., Phos., Spong., Carbo V. *See also Aphonias.*

Hooping-Cough: Ipec., Dros., Coral., Cup., Verat.; Gels., Verat. Vir., or Bell. (*head-symptoms*).

Hypochondriasis: Aur., Arg. M., Ign., Nux V., Lyco., Anac.

Hysteria: Ign., Plat., Asa., Hyp. per., Valer., Cocc., Gels., Puls.

Hysteric Convulsions: Camph., Mosch., Opi. (*from fright*); cold douche to the face.

Impotence: Phos., Nux V., Agnus C., Ferr. Baryta, Chin., Nuph., Phos. Ac.

Incontinence of Urine: *see Urine: INCONTINENCE OF.*

Indigestion: ACUTE—Acon., Ipec., Puls., Nux V., Bry., Rhus.

CHRONIC—Kali Bich., Hep. S., Carbo Veg., Sulph., Chin., Nux V.

IN CHILDREN—Cham., Puls., Nux Vom., Sulph., Ant. C.

IN THE AGED—Ant. Crud., Kali Bich., Carbo Veg., Nux V.

FROM COLD—Acon., Ars., Mero., Bry.

FROM FAT or RICH FOOD—Puls., Ant. Crud.

FROM ANGER—Cham. (*with bilious symptoms*).

FROM ANXIETY, GRIEF, etc.—Ign., Chin., Nux Vom., Puls.

Infants: SCREAMS OF—Cham., Jal., Acon.

SORENESS OF—*see Excoriations.*

RESTLESSNESS OF—Cham., Coff., Bell., Gels.

Influenza: Camph. (*the chill stage*); Acon. (*chills and heats*) Ars., Rhus.

Intermittent Fever: *see Ague.*

Itching of the Anus: *see Anus.*

OF THE SKIN—Acon., Arg. Nit., Mez., Sulph., Ars., Nux Vom.; *also* Mez. or Verat. Vir. ext.

Jaundice: Acon., Bry., Merc., Chel. Maj., Ars.; Phos. (*malignant*); Chin., Nux V.

Joints: PAIN IN—Acon., Arg. M., Bell., Bry.

SWELLING OF—Iod., Puls., Calc. C., Silic.

Kidneys: INFLAMMATION OF—Canth., Tereb., Acon., Bell.

Knee: INFLAMMATION OF—Acon. alt. Puls. Bry.; Iod. (*much swelling*).

Labour-pains : Cham., Puls., Coff.

FALSE—Puls., Cimic., Cocc., Nux V., Bell.

Lead-colic : Opi., Alum., Plat., Bell., Sulph. Ac.

Legs : SWELLING OF—see **Œdema**.

Lepra (*circular scaly patches on the skin*) : Ars., Merc., Sulph.

Leucorrhœa : Sep., Cocc., Puls., Calc. C., Silic. ; Krea. (*corrosive*) ; Coni. (*chronic*). Also frequent ablutions, moderate exercise in the open air, sufficient rest, and nutritious, digestible diet.

Liver : **ENLARGEMENT OF**—Merc. Iod. ; *also* Abdominal Compress. **INFLAMMATION OF**—Acon., Bry., Merc. Cor.

TORPID—Merc., Podoph.

Liver-Complaint : Merc., Podoph., Nux V., Sulph., Nit. Ac., Phos., Lyco.

Liver-Spots : Sulph., Borax, Lyco.

Lock-jaw : Acon., Bell., Arn., Nux V., Gels.

Lowness of Spirits : *see Hypochondriasis*.

Lumbago : Bry. ; Rhus (*chronic*) ; Cimic., Arn., Lyco., Nux V.

Lungs : **INFLAMMATION OF**—Acon. alt. Phos., Bry., Chelid., Ant. T. **CONGESTION OF**—*see Congestion*.

Masturbation : **EVILS OF**—*see Spermatorrhœa*.

Measles : Acon. alt. Puls. ; Bry., Bell., Sulph., Gels., Merc.

Megrism : *see Headache, Nervous*.

Melancholia : Aur., Ign., Plat., Phos., Zinc., Su'ph. *See also Hypochondriasis*.

Memory : **WEAKNESS OF**—Phos. Ac., Anac., Zinc., Opi., Ars.

Menstruation : (*the monthly period*) : **DELAY OF THE FIRST**—Puls., Ferr., Sep., Phos., Sulph., Sec.

IRREGULAR—Sep., Puls., Sulph., Senecio.

PAINFUL—Cimic., Cocc., Croc., Bell., Cham., Puls., Plat., Ham., Ign., Gels., Sec., Verat.

EXCESSIVE—Sec., Croc. (*dark and clotted*) ; Sab. (*bright red*) ; Acon., Calc. C., Ipec., Chin. (*after excessive discharge*).

SCANTY—Sep., Puls., Coni., Sulph., Cann.

SUPPRESSED—Acon., Puls., Bell. ; Coni. (*chronic*) ; Sep., Plat., Rhus. *Sudden suppression* requires, in addition to one of the remedies quoted, a hot hip-bath, after which the patient should retire to a warmed bed.

RECURRING TOO EARLY (*in less than a month from commencement of previous period*)—Calc. Carb., Ign. ; Krea. (*offensive discharge*) ; Sec., Nux Vom.

RECURRING TOO LATE—Puls., Phos., Plat., Ferr., Sep.

Menstruation continued—

VICARIOUS—Ham. V., Bry., Puls., Phos., Senecio.

TOO SHORT DURATION—see SCANTY.

TOO LONG DURATION—see EXCESSIVE.

CESSATION OF—Chin. or Ferr. (*profuse discharge*); Lach. or Sang. (*flushes*); Cimic. (*sinking at stomach, etc.*)

Mesenteric Disease: see Consumption of the Bowels.

Mercury: FOR EFFECTS OF LARGE DOSES OF—Nit. Ac., Hep. S., Carbo Veg.

Milk: SUPPRESSED OR SCANTY—Puls.; Acon. (*with fever*) Bell.; (*with brain symptoms*).

TOO ABUNDANT—Calc. C.; Chin. (*with debility*).

Milk-Fever: Bry., Acon., Cham., Verat. Vir., Bell.

Milk-leg: Acon. alt. Ham. or Puls.; Phos.

Milk-scab: (*vesicular eruption on the face of infants*): Rhus Tox., Sulph., Viola Tri.

Miscarriage: Sec., Croc., Ipec., Cedron, Arn., Bell.

THREATENED—Puls., Cham., Bell., Sab., Arn., Sec., Cedron.

At the same time the patient should lie down on a mattress, in a cool, well-ventilated room, till all danger is past, and avoid hot drinks.

PREVENTION OF—Sec., Calc. Carb., Cimic., Chin., Cedron.

Moles: Carbo Veg., Sulph.; Calend. ext.

Monthly Period: see Menstruation.

Morning Sickness: Ipec., Krea., Nux V., Puls., Iris.

Mosquitos: STINGS OF—Ledum ext. If a sting of a mosquito or wasp remain in the skin, the open end of the tube of a small key should be pressed firmly over the part.

Mouth: SORE—see **Aphthæ**; also **Canker**.

Mumps: Merc., Iod., Bell.

Nævus (*a natural mark or blemish*): Thuja.

Nausea: Ipec., Cocc., Lob., Tabacum, Nux Vom., Ant. T.

Neck: CRICK IN THE—Bry., Cimic., Acon., Bell.

STIFFNESS OF—Bell., Bry., Lyc., Nux Vom.

Nervous Debility: see **Debility**.

Nervousness: Cham., Coff., Ign., Hyos., Cimic., Gels., Chin. See also **Hysteria**, **Hypochondriasis**, etc.

Nettle-rash: Apis, Rhus, Ant. Crud.; Puls (*from rich food*).

Neuralgia: IN THE FACE—Acon., Ars., Coloc., Cham., Spig., Gels., Sticta.

Neuralgia continued—

IN THE HEAD—Bell., Nux V., Sticta, Cimic.

IN THE BACK—Nux V., Oxal. Ac., Cimic., Verat.

IN THE LEG (Sciatica)—Coloc., Ars., Nux Vom., Cann.

IN THE SIDE (intercostal)—Rhod., Ars.

Night-mare: Nux V., Puls. A light diet, out-of-door exercise, and a sponge bath daily, are recommended; and avoidance of suppers, stimulants, fatigue, and heavy and close bed-clothes.

Night-sweats: Chin., Ars., Phos. Ac., Merc. *See also Hectic-Fever.*

Nipples: SORE—Sulph; *also* Calend., Hydras., or Arn. ext.

Nose-bleed: Acon., Bry., Ipec., Ham. V.; Puls. (*in women*); Chin. (*in weak persons*).

Nose: SORE—Ars., Sulph., Aur., Caust.; Iod. (*with fætor*).

Numbness and Tingling: Acon., Rhus, Nux V., Arg. Nit.

Obesity (excessive accumulation of fat): Ars., Ferr., Calc. C., Sulph.

Œdema (watery fluid under the skin): Chin., Ferr., Apis, Ars.

Onanism: EVILS OF—*see Spermatorrhœa.*

Ophthalmia: CATARRHAL—Acon., Merc., Sulph., Euphr., Bell., Puls.

CHRONIC—Clematis Erect., Calc. C., Sulph., Merc., Hep., Ars.

AFTER MEASLES—Puls., Sulph.

AFTER SCARLATINA—Bell., Hep. S., Merc.

AFTER SMALL-POX—Merc., Sulph.

SCROFULOUS—Calc. C., Iod., Graph., Hep., Sulph., Merc. Cor., Ars.

SYPHILITIC—Merc. Cor., Nit. Ac., Thuja, Aur.

IN INFANTS—Arg. Nit., Calc. C., Sulph., Merc.

Pains: *see Neuralgia, Rheumatism, etc.*

Painters' Colic: *see Colic.*

Palpitation: Mosch. (*nervous*); Acon., Spig., Bell., Cact. G., Phos., Puls., Ars.

Period: *see Menstruation.*

Paralysis: Baryta C., Nux V., Arg. Nit., Plumb., Rhus, Phos., Acon.

Perspire: TENDENCY TO—Chin., Merc., Verat., Carbo Veg. *See also Sweat.*

Photophobia (intolerance of light): Bell., Merc. Cor., Euphr., Calc., Ign.

Phtisisis: *see Consumption.*

Piles: Sulph., Ham., Collin., Aloes, Nux V., *Æscul.*; Ham. ext.

Pimples: Bell. (*in the full-blooded*); Puls. (*in girls*); Sulph., Kali Bich., Ant. Crud., Hep.

Pleurisy: Acon. alt. Bry.; Phos., Iod., Ars.

Polypus: Merc. Iod., Kali Bich., Teucr., Calc.

Prolapsus: Of the ANUS—Ign., Nux V., Podoph., Merc. Of the WOMB—Stann., Sec., Bell., Sepia, Nux V., Sulph.

Prostatitis (*Inflammation of the prostate gland*): Thuja, Puls.

Prostration: *see Debility*.

Proud-Flesh: Silic., Fluor Ac.

Puerperal (*child-bed*) **Fever**: Acon., Bell., Bry.

Purple-rash: Bell., Cham., Calc. C.

Prurigo (*a papular eruption, with intolerable itching*): **OF THE ANUS**—Nit. Ac., Sulph.; also Glyc. of Hydrast. ext. **Of the PUDENDI**—Acon., Sulph., Sep., Lyc., Collin.; Glyc. of Hydrast. ext. **Of the SCROTUM**—Petro., Merc. Cor., Nit. Ac., Rhus, Acon. Also frequent ablutions with tepid or cold water.

Quinsy: Bell., Baryta Carb., Merc. Iod.; Kali Permag. (as a gargle, gr. vi. ad. aq. des. $\frac{2}{3}$ viii.)

Rash: **DURING TEETHING**—Cham.; Ant. Crud. (*with diarrhœa*); Ars. (*with prostration*).

Red-gum (*Infant Rash*): Ant. Crud., Bry., Cham.

Relaxed Bowels: *see Diarrhœa*.

Relaxed Throat: Kali Bich., Hep. S., Baryta Carb., Phyto., Phos.

Remittent Fever: Gels. (*especially in children*); Ars., Verat., Chin., Ipec., Rhus.

Retention of Urine: Canth., Nux V., Opi., Acon., Camph., Cann.

Restlessness of Children: Coff., Cham., Acon., Bell., Gels.

Rheumatic Fever: Acon., Bry., Bell., Cimic.

Rheumatism: **Of the BACK**—*see Lumbago*. **Of the CHEST** (*intercostal muscles*)—Rhod. Chrys., Bry., Arn. **Of the HEART**—Spig., Cimic., Cact. G., Bry. **Of the JOINTS**—Ruta, Bry., Rhus, Cimic., Caust. **Of the NECK**—Bry., Rhod. Chrys.

CHRONIC—Rhus Tox., Arn., Sulph., Rhod. Chrys., Cimic., Kali Hydriod

Rickets: Silic., Calc. C., Sulph. Also out-door air, cold salt-water baths, and a spoonful of pale cod-liver oil twice a day.

Ringworm : Of the **SCALP**—Sep. ; also Sulphurous Ac. ext.
Of the **SKIN**—Tellur., Rhus, Sep., Sulph.

Rush of Blood : *see Congestion.*

Salivation : From **MERCURY**—Nit. Ac., Iod., Hep. S.
NON-MERCURIAL—Merc.

Scabies (the Itch) : Sulph. int. and ext.

Scald-head : Calc. Phos., Ars., Sulph., Ant. Crud., Lyc. ; Rhus
int. and ext.

Scalds : *see Burns.*

Scarlatina : SIMPLE—Acon. alt. Bell. ; Sulph. (*convalescence*).
With **THROAT AFFECTION**—(*anginosa*)—Merc., Apis.

MALIGNANT—Ailanthus Gland., Ars., Mur. Ac., Carbo. Veg.
Condy's Fluid topically.
PREVENTIVE—Bell. φ.

Sciatica : Coloc., Rhus, Ars., Nux Vom., Cann.

Scorbutus (Scurvy) : Merc., Nit. Ac., Carbo Veg., Ars.

Screams of Infants : Cham., Acon., Jal., Bell.

Scrofulous Affections : Iod., Calc. C., Sulph., Phos.

Scurvy of the Gums : *see Gums.*

Sea-sickness : Petrol., Cocc., Tab.

Self-abuse : Evils of—*see Spermatorrhœa.*

Shingles : Rhus Tox., Sulph.

Sick-headache : Iris, Ipec., Puls., Nux V., Sep.

Sickness : Ipec. (*simple*) ; Puls. (*from rich food*) ; Nux V. (*from alcohol*) ; Iris, Ant. T. *See also Vomiting.*
MORNING—Ipec., Krea, Nux Vom., Puls., Ars.

Skin : **ITCHING OF**—Arg. Nit., Sulph., Ars., Mez. ; Verat. Vir. (*painful sensitiveness*). *See also Excoriations, Prurigo, Scabies, etc.*

Sleepiness : Opi., Bell., Acon., Lyc.

Sleeplessness : Coff., Bell., Hyos., Gels., Verat. Vir., Glon., Ign., Acon.

Small-pox : Ant. Tart., Merc., Bell., Bry., Sulph.

Smell : **Loss OF**—Puls., Merc., Gels., Acon., Sang., Calc. C., Plumb.

Sneezing : From a **COLD**—Merc., Ipec., Acon., Ars.

Sore Eyes : Merc., Clematis, Sulph., Calc. C., Euphr., Nit. Ac.

Sore Throat : Acon., Bell., Merc. ; Kali Permang. or Phyto. as a gargle.

Soreness of Infants: *see Excoriations.*

Spasms and Cramps: Camph., Nux V., Coloc., Verat., Cocc., Gels.

Spermatorrhœa: Phos., Chin., Ferr., Phos. Ac., Arg. M., Gels.

Spine: CONCUSSION OF—Arn., Hypericum.

IRRITATION OF—Chin., Ign., Nux Vom., Gels.

Spitting of Blood: *see Hæmorrhage:* From the LUNGS.

Sprains: Rhus Tox., Arn. or Ruta., int. and ext.

Squinting: Bell., Hyos., Gels., or Stram. (*cerebral causes*); Cina (*from worms*): Spig., Phos.

Stammering: Bell., Hyos.

St. Anthony's Fire: *see Erysipelas.*

Sterility: Phos., Plat., Coni., Baryta C., Cann., Sep., Borax.

Stiff-neck: Bry., Cimic., Bell.

Stings: Led., Apis, or Rhus, int. and ext. *See Mosquitos; also Bites.*

Stitches in the Chest: Bry., Acon., Cimic., Phos.

Stomach: ACIDITY OF—Puls., Nux V., Bry., Lyc., Carbo V., Calc.

INFLAMMATION OF—Acon., Ars., Bell., Phos.

ULCERATION OF—Ars., Hydrast., Kali Bich.

Stone and Gravel: Lyc., Nux V., Calc., Cann., Canth.

Stricture of the Urethra: Acon., Nux V., Canth., Cann.

St. Vitus's Dance: Agaricus, Bell., Cup. M., Artem., Stram., Zinc., Ars., Cimic., Ign., Verat. Vir.

Stye: Puls., Sulph., Merc.

Summer-complaint: Chin., Iris, Bry., Ant. C. u.l.

Sunstroke: Camph., Bell., Glon., Gels., Verat. Vir.

Suppuration: Silic., Hep. S.; Chin. (*when very profuse*).

Sweat: UNDUE—Phos. Ac., Calc. C., Sulph., Phos., Samb., Verat. FETID, UNDER THE ARMS—Petrol., Carbo Veg.

TENDENCY TO—Chin., Merc., Verat., Carbo Veg. *See also Night-Sweats.*

Sweaty Feet and Hands: Sil., Nit. Ac., Petro., Graph.

Swellings: DROPSICAL—Ars., Apis.

GLANDULAR—Merc., Bell., Hep. S., Calc. C.

OF THE FACE—Merc. (*from Gum-boil*); Bell. or Cham. (*from Toothache*); Apis (*from Erysipelas*); Chin. or Ars. (*dropsical*).

OF THE FEET (*Œdema*)—Ars., Ferr., Apis, Dig., Chin.

OF THE JOINTS—Iod., Bry., Puls., Bell.

WHITE—Bry., Iod., Silic., Calc. C., Sulph.

Syphilis : Merc., Thuja, Nit. Ac., Arg. Nit., Aur.

Tape-Worm : Fil. Mas., Kous., Sabad., Cin., Sulph., Ign.

Taste Impaired : Puls., Merc., Plumb.

Teeth : *see* **Toothache, and Dentition.**

Testicles : **ENLARGEMENT OF**—Puls., Clematis, Spong., Arn., Aur., Acon. Also the use of a suspender.
WASTING OF—Iod., Coni.

Tetter : **DRY**—Merc., Iod., Ars., Petro.

MOIST—Acon., Rhus, Ars., Phyto., Graph., Calc., Sulph.

Thread-Worms : Cina, Teucrium, Ign., Chin.

Throat : **SORE**—Acon., Bell., Merc., Hep. S., Puls.; Phyto. as a gargle.

Thrush : Borax, Merc., Ars., Sulph.; *also* Sulphurous Ac. Spray.

Tic-douloureux : *see* **Neuralgia.**

Tongue : **COATED**—Ant. Crud. (*milky-white*); Kali Bich. (*yellowish*); Puls. (*roughish white*); Rhus (*brownish*).

SWOLLEN—Bell., Merc., Acon., Mur. Ac.

ULCERATED—Merc., Nit. Ac.; Hydras. as a wash.

Tonsils : **ENLARGED**—Bell., Merc. Biniod., Calc. Phos., Kali Hydriod, Baryt.

INFLAMED—*see* **Quinsy.**

Toothache : Acon. alt. Bell. (*redness of face, with throbbing*); Puls. From **DECAYED TEETH**—Krea., Merc., Staph., Phyto.; *see* **Gum-boil.**

NERVOUS—Coff., Cham., Ign., Gels.

Of CHILDREN—Cham., Kreas.

Of PREGNANCY—Bell., Nux V., Cham., Coff.

Tremors : **NERVOUS**—Acon., Ign., Chin., Coff., Bell.; Nux Vom. (*from stimulants*).

Tuberculosis (*the condition of the body in which tubercles are deposited*) : Iod., Phos., Calc. C., Ferr. Iod.

Tumours : *see* **Swellings.**

Typhoid- (Enteric-) Fever : Bapt., Ars., Mur. Ac., Rhus.

Typhus-Fever : Acon., Bry., or Verat. Vir.; Ars., Hyos., Bell., Phos.

Ulcers : Hydras., Silic., or Kali Bich. int. and ext.; Bell., Lyc. In the **LEG**—Bell., Ars.; Merc. (*syphilitic*); Caust.; Hydras. int. and ext.

Urine : **BLOODY**—Canth., Tereb., Ham.

BURNING OR SCALDING—Canth., Cann., Gels., Acon.

FETID—Tereb.

Urine continued—

PAINFUL PASSAGE OF—Apis, Canth., Lyc., Nux V., Cann.
 INCONTINENCE OF—Lyc., Eup. Per., Bell.; Cin. (*from worms*)
 Caust., Phos. Ac., Gel. S. (*in the aged*); Canth., Ferr.
 RETENTION OF—Canth., Nux V., Opi., Camph.

Varicose Veins: Ham. V., Puls., Fluor. Ac.

Voice: Loss of—*see Aphonias, and Hoarseness.*

Vomiting: From INDIGESTIBLE FOOD—Ant. Crud., Puls., Ipec., Iris
 CHRONIC—Kreas., Ars., Hydras.

OF BLOOD—Ipec., Ham. V., Nit. Ac., Chin.

Walking: DELAY OF THE POWER OF—Calc. C., Phos., Sulph.

Wakefulness: Coff., Bell., Gels., Glon.

Warts: Thuja, Rhus Tox., or Nit. Ac. int. and ext.; Sulph.

Wasting: *see Atrophy.*

Water-brash: Lyc., Nux V., Carbo Veg., Bry., Ars.

Water: IN THE CHEST—Bry., Ars., Dig., Apis.

IN THE HEAD—Hell., Bell., Apis, Verat. Vir. or Gels. (*convulsions*).

Watery Blood: Ferr., Chin., Phos., Sep. *See also Anæmia.*

Weakness: *see Debility.*

Wetting the Bed: *see Urine: INCONTINENCE OF.*

Whites: *see Leucorrhœa.*

White-swelling: OF THE KNEE—Bry., K. Hydriod., Puls.

Whitlow: Silic., Fluor Ac., Hep. *See also Abscess, and Boils.*

Whooping-Cough: *see Hooping-cough.*

Wind: *see Flatulence.*

Worm-Fever: Acon., Cin., Sil.

Worms: THREAD—Cina, Teucrium, Ign., Chin.

LONG ROUND—Merc., Spig., Sulph., Acon.

TAPE—Fil. Mas., Cin., Sulph., Kous.

Wounds: Calend., Ham. or Arn. ext.

Wry-neck: Nux Vom., Bell., Bry., Merc.

Zona (Shingles): Rhus Tox., Acon., Sulph., Lyc.

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